



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Erfttenbeck, Dennis**

Club: VfL Ahaus

Number: 784

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 50:48

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 57 (of 141)

Rank in course/Men: 55 (of 105)

Best time in course: 33:16

Rank in category: 5(of 8)

Best time in the category: 43:40