



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Bogen, Detlef

Club: TUS Scharnhorst

Number: 806

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 50:49

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 58 (of 141)

Rank in course/Men: 56 (of 105)

Best time in course: 33:16

Rank in category: 15(of 22)

Best time in the category: 37:32