



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Mönnigmann, Bernd

Club: WSU

Number: 741

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 50:55

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 60 (of 141)

Rank in course/Men: 58 (of 105)

Best time in course: 33:16

Rank in category: 11(of 21)

Best time in the category: 39:00