



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Ritz, Jürgen

Club: Lauffreife R(h)einknaller
Number: 724

Course: 10.00 km
Volkslauf

Category:
Männer M55

Total time: 51:00

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 61 (of 141)

Rank in course/Men: 59 (of 105)

Best time in course: 33:16

Rank in category: 5(of 10)

Best time in the category: 47:34