



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Ritz, Jürgen**

Club: Laufftreff 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