



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Heptner, Jürgen

Club: A+B Versmold

Number: 834

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 51:05

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 62 (of 141)

Rank in course/Men: 60 (of 105)

Best time in course: 33:16

Rank in category: 16(of 22)

Best time in the category: 37:32