



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Schwietering, Thomas

Club: VfL Ahaus

Number: 710

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 51:11

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 63 (of 141)

Rank in course/Men: 61 (of 105)

Best time in course: 33:16

Rank in category: 12(of 21)

Best time in the category: 39:00