



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Anschütz, Heiko

Club: SC Füchtorf
Number: 713

Course: 10.00 km
Volkslauf

Category:
Männer M40

Total time: 51:38

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 65 (of 141)

Rank in course/Men: 63 (of 105)

Best time in course: 33:16

Rank in category: 13(of 21)

Best time in the category: 39:00