



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Averhoff, Dieter

Club: Freckenhorst

Number: 743

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 52:20

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 72 (of 141)

Rank in course/Men: 68 (of 105)

Best time in course: 33:16

Rank in category: 18(of 22)

Best time in the category: 37:32