



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

Dekker, Ralf

Number: 823

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 52:34

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 74 (of 141)

Rank in course/Men: 69 (of 105)

Best time in course: 33:16

Rank in category: 19(of 22)

Best time in the category: 37:32