



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Meyer, Benedikt

Club: TUS Freckenhorst

Number: 819

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 52:38

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 75 (of 141)

Rank in course/Men: 70 (of 105)

Best time in course: 33:16

Rank in category: 7(of 8)

Best time in the category: 43:40