



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

**Caws, Kristian**

Club: LG Beelen

Number: 803

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 53:11

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 77 (of 141)

Rank in course/Men: 72 (of 105)

Best time in course: 33:16

Rank in category: 7(of 10)

Best time in the category: 47:34