



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Merten, Heinz

Club: VfL Sassenberg

Number: 811

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 53:38

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 79 (of 141)

Rank in course/Men: 73 (of 105)

Best time in course: 33:16

Rank in category: 11(of 18)

Best time in the category: 37:50