



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Wachten, Michael**

Club: Dinner Running

Number: 711

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 54:06

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 80 (of 141)

Rank in course/Men: 74 (of 105)

Best time in course: 33:16

Rank in category: 14(of 21)

Best time in the category: 39:00