



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Laing, Reinhard

Club: Dinner Running

Number: 712

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 54:13

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 81 (of 141)

Rank in course/Men: 75 (of 105)

Best time in course: 33:16

Rank in category: 15(of 21)

Best time in the category: 39:00