



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Dammann, Martin

Club: Dinner Running

Number: 705

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 54:24

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 82 (of 141)

Rank in course/Men: 76 (of 105)

Best time in course: 33:16

Rank in category: 20(of 22)

Best time in the category: 37:32