



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Pomberg, Thomas

Club: Warendorf

Number: 756

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 54:29

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 83 (of 141)

Rank in course/Men: 77 (of 105)

Best time in course: 33:16

Rank in category: 6(of 8)

Best time in the category: 33:16