



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Heine, Alfred

Club: TuS Freckenhorst  
Number: 767

Course: 10.00 km  
Volkslauf

Category:  
Männer M60

Total time: 54:42

Speed: 10.97 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 86 (of 141)

Rank in course/Men: 80 (of 105)

Best time in course: 33:16

Rank in category: 2(of 2)

Best time in the category: 49:37