



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Venghaus, Michael

Club: Senden  
Number: 772

Course: 10.00 km  
Volkslauf

Category:  
Männer M40

Total time: 54:57

Speed: 10.92 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 89 (of 141)

Rank in course/Men: 82 (of 105)

Best time in course: 33:16

Rank in category: 16(of 21)

Best time in the category: 39:00