



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Kottbus, Patrick**

Club: VfL Ahaus

Number: 708

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 55:20

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 91 (of 141)

Rank in course/Men: 83 (of 105)

Best time in course: 33:16

Rank in category: 17(of 21)

Best time in the category: 39:00