



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Kreienbaum, Bernhard

Club: LSF Münster

Number: 755

Course: 10.00 km

Volkslauf

Category:

Männer M65

Total time: 55:52

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 94 (of 141)

Rank in course/Men: 85 (of 105)

Best time in course: 33:16

Rank in category: 3(of 3)

Best time in the category: 46:40