



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hövelberend, Harald

Club: SV neubeckum

Number: 815

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 56:02

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 96 (of 141)

Rank in course/Men: 87 (of 105)

Best time in course: 33:16

Rank in category: 9(of 9)

Best time in the category: 34:34