



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hölscher, Klaus

Club: VfL Bad Iburg

Number: 781

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 56:48

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 100 (of 141)

Rank in course/Men: 89 (of 105)

Best time in course: 33:16

Rank in category: 21 (of 22)

Best time in the category: 37:32