



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Middendorf, Thomas

Club: Warendorf

Number: 783

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 56:54

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 101 (of 141)

Rank in course/Men: 90 (of 105)

Best time in course: 33:16

Rank in category: 14(of 18)

Best time in the category: 37:50