



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

Liewald, Reinhard

Club: BSG Arbeitsagentur MS

Number: 722

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 57:29

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 104 (of 141)

Rank in course/Men: 91 (of 105)

Best time in course: 33:16

Rank in category: 10(of 10)

Best time in the category: 47:34