



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Kramm, Hans-Joachim

Club: Bielefeld

Number: 774

Course: 10.00 km

Volkslauf

Category:

Männer M70

Total time: 57:44

Speed: 10.39 km/h

Running performance: 5:46 min/km

Rank in course/Total: 105 (of 141)

Rank in course/Men: 92 (of 105)

Best time in course: 33:16

Rank in category: 1(of 3)

Best time in the category: 57:44