



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Lange, Thorsten**

Club: Warendorf

Number: 739

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 59:50

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 118 (of 141)

Rank in course/Men: 95 (of 105)

Best time in course: 33:16

Rank in category: 19(of 21)

Best time in the category: 39:00