



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Rauch, Gerhard

Club: Harsewinkel

Number: 750

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 1:02:21

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 129 (of 141)

Rank in course/Men: 100 (of 105)

Best time in course: 33:16

Rank in category: 18(of 18)

Best time in the category: 37:50