



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Beckmann, Ralf

Club: Warendorf

Number: 780

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 1:03:01

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 133 (of 141)

Rank in course/Men: 102 (of 105)

Best time in course: 33:16

Rank in category: 21(of 21)

Best time in the category: 39:00