



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Kappel, Frank**

Club: Warendorf

Number: 732

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 1:04:03

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 137 (of 141)

Rank in course/Men: 104 (of 105)

Best time in course: 33:16

Rank in category: 22(of 22)

Best time in the category: 37:32