



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Lipinski, Manfred

Club: FC Tönnishäuschen

Number: 786

Course: 10.00 km

Volkslauf

Category:

Männer M70

Total time: 1:05:03

Speed: 9.22 km/h

Running performance: 6:30 min/km

Rank in course/Total: 138 (of 141)

Rank in course/Men: 105 (of 105)

Best time in course: 33:16

Rank in category: 3(of 3)

Best time in the category: 57:44