



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Haase, Jens**

Club: LG Ems Warendorf

Number: 652

Course: 5.00 km

Jedermannlauf

Category:

Männer M20

Total time: 17:55

Speed: 16.74 km/h

Running performance: 3:35 min/km

Rank in course/Total: 2 (of 75)

Rank in course/Men: 2 (of 52)

Best time in course: 17:51

Rank in category: 1(of 7)

Best time in the category: 17:55