



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Auerswald, Steffen

Club: LG Ems Warendorf

Number: 650

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 18:29

Speed: 16.23 km/h

Running performance: 3:42 min/km

Rank in course/Total: 4 (of 75)

Rank in course/Men: 4 (of 52)

Best time in course: 17:51

Rank in category: 1(of 8)

Best time in the category: 18:29