



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Cam, Sefayj

Club: Bunert

Number: 661

Course: 5.00 km

Jedermannlauf

Category:

Männer M35

Total time: 18:43

Speed: 16.03 km/h

Running performance: 3:44 min/km

Rank in course/Total: 5 (of 75)

Rank in course/Men: 5 (of 52)

Best time in course: 17:51

Rank in category: 1(of 9)

Best time in the category: 18:43