



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Haase, Karsten**

Club: LG Ems Warendorf

Number: 651

Course: 5.00 km

Jedermannlauf

Category:

Männer M30

Total time: 18:48

Speed: 15.96 km/h

Running performance: 3:46 min/km

Rank in course/Total: 6 (of 75)

Rank in course/Men: 6 (of 52)

Best time in course: 17:51

Rank in category: 1(of 2)

Best time in the category: 18:48