



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Reher, Norbert

Club: LG Ems SCDJK Ewerswinkel

Number: 621

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 20:24

Speed: 14.71 km/h

Running performance: 4:05 min/km

Rank in course/Total: 12 (of 75)

Rank in course/Men: 12 (of 52)

Best time in course: 17:51

Rank in category: 3(of 8)

Best time in the category: 18:29