



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Wöllenweber, Ralf

Club: SCDJK Everwinkel

Number: 641

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 20:34

Speed: 14.59 km/h

Running performance: 4:07 min/km

Rank in course/Total: 14 (of 75)

Rank in course/Men: 14 (of 52)

Best time in course: 17:51

Rank in category: 2(of 6)

Best time in the category: 19:19