



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Joksch, Gernot

Club: SV Ems Westbevern

Number: 636

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 21:00

Speed: 14.29 km/h

Running performance: 4:12 min/km

Rank in course/Total: 15 (of 75)

Rank in course/Men: 15 (of 52)

Best time in course: 17:51

Rank in category: 3(of 6)

Best time in the category: 19:19