



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Braun, Martin**

Club: Telgte

Number: 655

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 21:11

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 16 (of 75)

Rank in course/Men: 16 (of 52)

Best time in course: 17:51

Rank in category: 4(of 6)

Best time in the category: 19:19