



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Hartmeier, Guido

Total time: 21:25

Number: 646

Speed: 14.01 km/h

Running performance: 4:17 min/km

Course: 5.00 km

Rank in course/Total: 17 (of 75)

Jedermannlauf

Rank in course/Men: 17 (of 52)

Best time in course: 17:51

Category:

Rank in category: 4(of 8)

Männer M40

Best time in the category: 18:29