



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Koch, Oliver

Club: Bernd Münstermann GmbH

Number: 630

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 23:14

Speed: 12.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 22 (of 75)

Rank in course/Men: 20 (of 52)

Best time in course: 17:51

Rank in category: 5(of 8)

Best time in the category: 18:29