



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

Lappe, Stephan

Club: TUS 07 Freckenhorst

Number: 618

Course: 5.00 km

Jedermannlauf

Category:

Männer M35

Total time: 23:56

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 24 (of 75)

Rank in course/Men: 22 (of 52)

Best time in course: 17:51

Rank in category: 3(of 9)

Best time in the category: 18:43