



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Höllmann, Ralf

Club: Warendorf

Number: 637

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 24:32

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 26 (of 75)

Rank in course/Men: 24 (of 52)

Best time in course: 17:51

Rank in category: 6(of 8)

Best time in the category: 18:29