



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Melchert, Thomas

Club: WSU

Number: 634

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 25:40

Speed: 11.69 km/h

Running performance: 5:08 min/km

Rank in course/Total: 30 (of 75)

Rank in course/Men: 26 (of 52)

Best time in course: 17:51

Rank in category: 7(of 8)

Best time in the category: 18:29