



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Haverkamp, Andre

Club: LG Ems Warendorf

Number: 660

Course: 5.00 km

Jedermannlauf

Category:

Männer M20

Total time: 25:51

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 32 (of 75)

Rank in course/Men: 28 (of 52)

Best time in course: 17:51

Rank in category: 4(of 7)

Best time in the category: 17:55