



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Mathewson, Ian

Club: LC Solbad Ravensberg

Number: 678

Course: 5.00 km

Jedermannlauf

Category:

Männer M50

Total time: 25:58

Speed: 11.55 km/h

Running performance: 5:11 min/km

Rank in course/Total: 33 (of 75)

Rank in course/Men: 29 (of 52)

Best time in course: 17:51

Rank in category: 3(of 7)

Best time in the category: 23:39