



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

Langer, Jens

Total time: 26:34

Number: 670

Speed: 11.29 km/h

Running performance: 5:19 min/km

Course: 5.00 km

Rank in course/Total: 36 (of 75)

Jedermannlauf

Rank in course/Men: 31 (of 52)

Best time in course: 17:51

Category:

Rank in category: 3(of 3)

männliche Jugend A

Best time in the category: 17:51