



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Warode, Udo**

Club: VfL Sassenberg

Number: 626

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 26:39

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 37 (of 75)

Rank in course/Men: 32 (of 52)

Best time in course: 17:51

Rank in category: 6(of 6)

Best time in the category: 19:19