



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Oer, Uwe

Club: Warendorf

Number: 631

Course: 5.00 km

Jedermannlauf

Category:

Männer M35

Total time: 26:52

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 38 (of 75)

Rank in course/Men: 33 (of 52)

Best time in course: 17:51

Rank in category: 5(of 9)

Best time in the category: 18:43