



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

Huefken, Michael

Club: Ahlen

Number: 674

Course: 5.00 km

Jedermannlauf

Category:

Männer M50

Total time: 27:10

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 42 (of 75)

Rank in course/Men: 36 (of 52)

Best time in course: 17:51

Rank in category: 4(of 7)

Best time in the category: 23:39