



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Schäfer, Dennis

Total time: 28:56

Number: 667

Speed: 10.37 km/h

Running performance: 5:47 min/km

Course: 5.00 km

Rank in course/Total: 55 (of 75)

Jedermannlauf

Rank in course/Men: 43 (of 52)

Best time in course: 17:51

Category:

Rank in category: 7(of 9)

Männer M35

Best time in the category: 18:43