



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Hövelberend, Harald

Club: SV Neubeckum

Number: 649

Course: 5.00 km

Jedermannlauf

Category:

Männer M35

Total time: 29:23

Speed: 10.21 km/h

Running performance: 5:53 min/km

Rank in course/Total: 58 (of 75)

Rank in course/Men: 46 (of 52)

Best time in course: 17:51

Rank in category: 8(of 9)

Best time in the category: 18:43