



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Muender, Kurt

Club: Lippstadt

Number: 620

Course: 5.00 km

Jedermannlauf

Category:

Männer M40

Total time: 34:05

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 71 (of 75)

Rank in course/Men: 50 (of 52)

Best time in course: 17:51

Rank in category: 8(of 8)

Best time in the category: 18:29