



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Boeckenholt, Thomas**

Club: ESV Münster

Number: 816

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 34:12

Speed: 17.54 km/h

Running performance: 3:25 min/km

Rank in course/Total: 1 (of 167)

Rank in course/Men: 1 (of 127)

Best time in course: 34:12

Rank in category: 1(of 24)

Best time in the category: 34:12