



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Albrink, Thomas**

Club: FC Nordkirchen

Number: 776

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 39:18

Speed: 15.27 km/h

Running performance: 3:56 min/km

Rank in course/Total: 7 (of 167)

Rank in course/Men: 7 (of 127)

Best time in course: 34:12

Rank in category: 3(of 24)

Best time in the category: 34:12