



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Marienfeld, Markus

Club: Warendorf

Number: 832

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 39:29

Speed: 15.20 km/h

Running performance: 3:57 min/km

Rank in course/Total: 8 (of 167)

Rank in course/Men: 8 (of 127)

Best time in course: 34:12

Rank in category: 3(of 22)

Best time in the category: 36:11