



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Hanke, Ingo

Total time: 39:31

Number: 792

Speed: 15.18 km/h

Running performance: 3:57 min/km

Course: 10.00 km

Rank in course/Total: 9 (of 167)

Volkslauf

Rank in course/Men: 9 (of 127)

Best time in course: 34:12

Category:

Rank in category: 4(of 24)

Männer M35

Best time in the category: 34:12