



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Silvestri, Francesco

Club: LG Ems SCDJK Ewerswinkel

Number: 746

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 39:51

Speed: 15.06 km/h

Running performance: 3:59 min/km

Rank in course/Total: 10 (of 167)

Rank in course/Men: 10 (of 127)

Best time in course: 34:12

Rank in category: 4(of 22)

Best time in the category: 36:11