



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Fust, Martin

Club: LV Oelde

Number: 791

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 42:19

Speed: 14.18 km/h

Running performance: 4:14 min/km

Rank in course/Total: 16 (of 167)

Rank in course/Men: 15 (of 127)

Best time in course: 34:12

Rank in category: 6(of 22)

Best time in the category: 36:11