



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Steinkamp, Peter**

Club: WSU

Number: 838

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 42:23

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 18 (of 167)

Rank in course/Men: 17 (of 127)

Best time in course: 34:12

Rank in category: 7(of 22)

Best time in the category: 36:11