



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kosmala, Rudolf

Total time: 42:33

Number: 781

Speed: 14.10 km/h

Running performance: 4:16 min/km

Course: 10.00 km

Rank in course/Total: 20 (of 167)

Volkslauf

Rank in course/Men: 18 (of 127)

Best time in course: 34:12

Category:

Rank in category: 6(of 24)

Männer M35

Best time in the category: 34:12