



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Plöger, Tobias

Club: TuS Hillegossen

Number: 739

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 42:46

Speed: 14.03 km/h

Running performance: 4:17 min/km

Rank in course/Total: 22 (of 167)

Rank in course/Men: 20 (of 127)

Best time in course: 34:12

Rank in category: 2(of 12)

Best time in the category: 42:40