



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**John, Philipp**

Club: LG Ems Warendorf

Number: 806

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 43:06

Speed: 13.92 km/h

Running performance: 4:19 min/km

Rank in course/Total: 23 (of 167)

Rank in course/Men: 21 (of 127)

Best time in course: 34:12

Rank in category: 3(of 12)

Best time in the category: 42:40