



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Adam, Michael**

Club: Dresden

Number: 814

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 43:10

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 25 (of 167)

Rank in course/Men: 23 (of 127)

Best time in course: 34:12

Rank in category: 4(of 12)

Best time in the category: 42:40