



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Zumdiek, Norbert**

Club: Tri-Team Warendorf

Number: 761

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 44:46

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 30 (of 167)

Rank in course/Men: 27 (of 127)

Best time in course: 34:12

Rank in category: 8(of 22)

Best time in the category: 36:11