



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Offers, Heinz

Club: LV Oelde

Number: 809

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 44:47

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 31 (of 167)

Rank in course/Men: 28 (of 127)

Best time in course: 34:12

Rank in category: 1(of 9)

Best time in the category: 44:47