



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Siffel, Patrick

Club: RSV Steinfurt

Number: 745

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 45:19

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 32 (of 167)

Rank in course/Men: 29 (of 127)

Best time in course: 34:12

Rank in category: 6(of 12)

Best time in the category: 42:40