



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Strotmeier, Franz Josef**

Club: Tri Team WSU Warendorf

Number: 747

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 45:20

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 34 (of 167)

Rank in course/Men: 31 (of 127)

Best time in course: 34:12

Rank in category: 2(of 21)

Best time in the category: 40:23