



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Bischof, Siegfried

Club: Sport Area

Number: 702

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 45:46

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 38 (of 167)

Rank in course/Men: 34 (of 127)

Best time in course: 34:12

Rank in category: 4(of 21)

Best time in the category: 40:23