



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kaldewei, Christoph

Club: LG Ahlen

Number: 808

Course: 10.00 km

Volkslauf

Category:

Männer M60

Total time: 46:59

Speed: 12.77 km/h

Running performance: 4:42 min/km

Rank in course/Total: 44 (of 167)

Rank in course/Men: 40 (of 127)

Best time in course: 34:12

Rank in category: 2(of 5)

Best time in the category: 43:15