



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Dirksen, Sven

Club: Everswinkel

Number: 708

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 47:04

Speed: 12.75 km/h

Running performance: 4:43 min/km

Rank in course/Total: 45 (of 167)

Rank in course/Men: 41 (of 127)

Best time in course: 34:12

Rank in category: 11(of 22)

Best time in the category: 36:11