



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Bakenfelder, Guido

Club: WSU Tri-Team

Number: 778

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 47:26

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 47 (of 167)

Rank in course/Men: 42 (of 127)

Best time in course: 34:12

Rank in category: 12(of 22)

Best time in the category: 36:11