



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Scheiderpeter, Dieter**

Club: Beckum

Number: 874

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 47:56

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 51 (of 167)

Rank in course/Men: 46 (of 127)

Best time in course: 34:12

Rank in category: 4(of 17)

Best time in the category: 39:14