



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Murrenhoff, Christian

Club: TUS Freckenhorst

Number: 839

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 48:27

Speed: 12.38 km/h

Running performance: 4:50 min/km

Rank in course/Total: 54 (of 167)

Rank in course/Men: 48 (of 127)

Best time in course: 34:12

Rank in category: 6(of 21)

Best time in the category: 40:23