



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Mathewson, Ian**

Club: LC Solbad Ravensberg

Number: 794

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 48:28

Speed: 12.38 km/h

Running performance: 4:51 min/km

Rank in course/Total: 55 (of 167)

Rank in course/Men: 49 (of 127)

Best time in course: 34:12

Rank in category: 7(of 21)

Best time in the category: 40:23