



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Lackamp, Peter**

Club: Warendorf

Number: 733

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 48:56

Speed: 12.26 km/h

Running performance: 4:53 min/km

Rank in course/Total: 58 (of 167)

Rank in course/Men: 52 (of 127)

Best time in course: 34:12

Rank in category: 13(of 22)

Best time in the category: 36:11