



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Schäkel, Norbert

Club: Sportschule der Bundeswehr

Number: 744

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 49:06

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 59 (of 167)

Rank in course/Men: 53 (of 127)

Best time in course: 34:12

Rank in category: 6(of 17)

Best time in the category: 39:14