



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

Lischka, Christian

Club: Warendorf

Number: 872

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 49:25

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 63 (of 167)

Rank in course/Men: 57 (of 127)

Best time in course: 34:12

Rank in category: 13(of 24)

Best time in the category: 34:12