



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Montag, Cornelius

Club: Münster

Number: 857

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 49:38

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 65 (of 167)

Rank in course/Men: 59 (of 127)

Best time in course: 34:12

Rank in category: 4(of 12)

Best time in the category: 36:45