



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Volmer, Michael**

Club: TUS Freckenhorst

Number: 798

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 49:44

Speed: 12.06 km/h

Running performance: 4:58 min/km

Rank in course/Total: 67 (of 167)

Rank in course/Men: 61 (of 127)

Best time in course: 34:12

Rank in category: 7(of 17)

Best time in the category: 39:14