



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Benert, Andre

Club: Hamm

Number: 870

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 49:50

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 68 (of 167)

Rank in course/Men: 62 (of 127)

Best time in course: 34:12

Rank in category: 5(of 12)

Best time in the category: 36:45