



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Fronius, Hans-Joachim

Total time: 50:11

Number: 784

Speed: 11.96 km/h

Running performance: 5:01 min/km

Course: 10.00 km

Rank in course/Total: 70 (of 167)

Volkslauf

Rank in course/Men: 64 (of 127)

Best time in course: 34:12

Category:

Rank in category: 8(of 17)

Männer M45

Best time in the category: 39:14