



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Sterzl, Manfred

Club: Warendorf

Number: 855

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 50:56

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 74 (of 167)

Rank in course/Men: 67 (of 127)

Best time in course: 34:12

Rank in category: 3(of 9)

Best time in the category: 44:47