



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Lappe, Stephan**

Club: TUS 07 Freckenhorst

Number: 734

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 51:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 79 (of 167)

Rank in course/Men: 72 (of 127)

Best time in course: 34:12

Rank in category: 17(of 24)

Best time in the category: 34:12