



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Lieber, Ulrich

Club: Warendorf

Number: 735

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 51:46

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 81 (of 167)

Rank in course/Men: 73 (of 127)

Best time in course: 34:12

Rank in category: 10(of 17)

Best time in the category: 39:14