



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Holtkamp, Stefan

Club: Warendorf

Number: 722

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 51:49

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 85 (of 167)

Rank in course/Men: 76 (of 127)

Best time in course: 34:12

Rank in category: 7(of 12)

Best time in the category: 36:45