



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Guski, Rafael**

Club: Kamen

Number: 716

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 52:37

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 89 (of 167)

Rank in course/Men: 79 (of 127)

Best time in course: 34:12

Rank in category: 8(of 12)

Best time in the category: 36:45