



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Morssimkhof, Marrie

Club: De Voshaar

Number: 868

Course: 10.00 km

Volkslauf

Category:

Männer M60

Total time: 52:42

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 90 (of 167)

Rank in course/Men: 80 (of 127)

Best time in course: 34:12

Rank in category: 3(of 5)

Best time in the category: 43:15