



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Frielingsdorf, Ralf**

Club: Warendorf

Number: 712

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 52:50

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 91 (of 167)

Rank in course/Men: 81 (of 127)

Best time in course: 34:12

Rank in category: 15(of 22)

Best time in the category: 36:11