



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Hendker, Jan

Club: Warendorf

Number: 721

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 53:02

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 96 (of 167)

Rank in course/Men: 83 (of 127)

Best time in course: 34:12

Rank in category: 10(of 12)

Best time in the category: 42:40