



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Conrad, Reimund

Club: SV Bad Laer

Number: 862

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 53:12

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 99 (of 167)

Rank in course/Men: 84 (of 127)

Best time in course: 34:12

Rank in category: 10(of 21)

Best time in the category: 40:23