



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Von Stockum, Kai Lars

Club: Prinzengarde Warendorf

Number: 852

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 53:19

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 102 (of 167)

Rank in course/Men: 86 (of 127)

Best time in course: 34:12

Rank in category: 10(of 12)

Best time in the category: 36:45