



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Holtkötter, Jörg

Club: warendorf

Number: 723

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 53:22

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 103 (of 167)

Rank in course/Men: 87 (of 127)

Best time in course: 34:12

Rank in category: 16(of 22)

Best time in the category: 36:11