



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Rehfeld, Jörg

Club: WSU

Number: 772

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 53:26

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 104 (of 167)

Rank in course/Men: 88 (of 127)

Best time in course: 34:12

Rank in category: 17(of 22)

Best time in the category: 36:11