



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Pumpe, Thomas

Club: Warendorf

Number: 741

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 105 (of 167)

Rank in course/Men: 89 (of 127)

Best time in course: 34:12

Rank in category: 11(of 12)

Best time in the category: 36:45