



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Winterkamp, Dirk

Club: Berlin
Number: 755

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 53:41

Speed: 11.18 km/h
Running performance: 5:22 min/km

Rank in course/Total: 107 (of 167)

Rank in course/Men: 91 (of 127)

Best time in course: 34:12

Rank in category: 12(of 17)

Best time in the category: 39:14