



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Mönnigmann, Bernd

Club: WSU

Number: 787

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 53:43

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 108 (of 167)

Rank in course/Men: 92 (of 127)

Best time in course: 34:12

Rank in category: 18(of 22)

Best time in the category: 36:11