



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Merten, Heinz

Club: VFL Sassenberg

Number: 829

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 54:12

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 114 (of 167)

Rank in course/Men: 94 (of 127)

Best time in course: 34:12

Rank in category: 11(of 21)

Best time in the category: 40:23