



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Heine, Alfred

Club: TUS 07 Freckenhorst

Number: 789

Course: 10.00 km

Volkslauf

Category:

Männer M60

Total time: 55:07

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 117 (of 167)

Rank in course/Men: 97 (of 127)

Best time in course: 34:12

Rank in category: 5(of 5)

Best time in the category: 43:15