



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Beckmann, Ralf

Club: Warendorf

Number: 850

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 55:11

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 118 (of 167)

Rank in course/Men: 98 (of 127)

Best time in course: 34:12

Rank in category: 19(of 22)

Best time in the category: 36:11