



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

Osmani, Faton

Total time: 55:15

Number: 783

Speed: 10.86 km/h

Running performance: 5:31 min/km

Course: 10.00 km

Rank in course/Total: 119 (of 167)

Volkslauf

Rank in course/Men: 99 (of 127)

Best time in course: 34:12

Category:

Rank in category: 11(of 12)

Männer M20

Best time in the category: 42:40