



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Henkenjohann, Uwe**

Club: Warendorf

Number: 840

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 55:25

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 120 (of 167)

Rank in course/Men: 100 (of 127)

Best time in course: 34:12

Rank in category: 20(of 22)

Best time in the category: 36:11