



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Wesselmann, Josef

Club: Sassenberg

Number: 753

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 55:57

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 124 (of 167)

Rank in course/Men: 103 (of 127)

Best time in course: 34:12

Rank in category: 12(of 12)

Best time in the category: 42:40