



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Döhring, Markus

Club: Die Brennenden Helme

Number: 710

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 56:09

Speed: 10.69 km/h

Running performance: 5:37 min/km

Rank in course/Total: 125 (of 167)

Rank in course/Men: 104 (of 127)

Best time in course: 34:12

Rank in category: 21(of 22)

Best time in the category: 36:11