



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Middendorf, Thomas

Club: Warendorf

Number: 837

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 56:36

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 127 (of 167)

Rank in course/Men: 106 (of 127)

Best time in course: 34:12

Rank in category: 13(of 17)

Best time in the category: 39:14