



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Frohne, Volker**

Club: Warendorf

Number: 713

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 56:41

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 128 (of 167)

Rank in course/Men: 107 (of 127)

Best time in course: 34:12

Rank in category: 22(of 24)

Best time in the category: 34:12