



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Holz, Heinz

Club: Osnabrück

Number: 856

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 56:43

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 130 (of 167)

Rank in course/Men: 109 (of 127)

Best time in course: 34:12

Rank in category: 7(of 9)

Best time in the category: 44:47