



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Gerighausen, Karl-Heinz

Club: SV Teuto Riesenbeck

Number: 815

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 57:07

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 137 (of 167)

Rank in course/Men: 112 (of 127)

Best time in course: 34:12

Rank in category: 14(of 21)

Best time in the category: 40:23