



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kramm, Hans Joachim

Club: Bielefeld

Number: 802

Course: 10.00 km

Volkslauf

Category:

Männer M70

Total time: 57:25

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 140 (of 167)

Rank in course/Men: 113 (of 127)

Best time in course: 34:12

Rank in category: 2(of 2)

Best time in the category: 47:32