



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Hentrup, Manfred**

Club: TV Friesen Telgte e. V.

Number: 820

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 57:51

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 142 (of 167)

Rank in course/Men: 114 (of 127)

Best time in course: 34:12

Rank in category: 15(of 21)

Best time in the category: 40:23