



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Burlage, Jochen

Club: TUS Freckenhorst

Number: 841

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 57:52

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 143 (of 167)

Rank in course/Men: 115 (of 127)

Best time in course: 34:12

Rank in category: 16(of 21)

Best time in the category: 40:23