



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Amato, Angelo

Total time: 58:11

Number: 819

Speed: 10.31 km/h

Running performance: 5:49 min/km

Course: 10.00 km

Rank in course/Total: 145 (of 167)

Volkslauf

Rank in course/Men: 117 (of 127)

Best time in course: 34:12

Category:

Rank in category: 15(of 17)

Männer M45

Best time in the category: 39:14