



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Lange, Thorsten

Club: Warendorf

Number: 758

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 59:12

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 148 (of 167)

Rank in course/Men: 118 (of 127)

Best time in course: 34:12

Rank in category: 22(of 22)

Best time in the category: 36:11