



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Rauer, Karl-Heinz**

Club: SC DJK Everswinkel

Number: 817

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 59:33

Speed: 10.08 km/h

Running performance: 5:58 min/km

Rank in course/Total: 151 (of 167)

Rank in course/Men: 119 (of 127)

Best time in course: 34:12

Rank in category: 18(of 21)

Best time in the category: 40:23