



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Kreienbaum, Bernhard**

Club: VFL Sassenberg

Number: 847

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 59:43

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 152 (of 167)

Rank in course/Men: 120 (of 127)

Best time in course: 34:12

Rank in category: 19(of 21)

Best time in the category: 40:23