



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Weber, Franz-Josef

Club: Lauffreud Ense

Number: 851

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 59:50

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 154 (of 167)

Rank in course/Men: 121 (of 127)

Best time in course: 34:12

Rank in category: 20(of 21)

Best time in the category: 40:23