



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Praeffke, Stefan

Club: Lienen

Number: 740

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 1:02:01

Speed: 9.67 km/h

Running performance: 6:12 min/km

Rank in course/Total: 158 (of 167)

Rank in course/Men: 123 (of 127)

Best time in course: 34:12

Rank in category: 16(of 17)

Best time in the category: 39:14