



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Johanterwage, Ludger

Number: 825

Course: 10.00 km
Volkslauf

Category:
Männer M50

Total time: 1:04:06

Speed: 9.36 km/h

Running performance: 6:25 min/km

Rank in course/Total: 162 (of 167)

Rank in course/Men: 125 (of 127)

Best time in course: 34:12

Rank in category: 21(of 21)

Best time in the category: 40:23