



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Stumpf, Ingo

Club: Hiddenhausen

Number: 770

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 1:05:00

Speed: 9.23 km/h

Running performance: 6:30 min/km

Rank in course/Total: 163 (of 167)

Rank in course/Men: 126 (of 127)

Best time in course: 34:12

Rank in category: 17(of 17)

Best time in the category: 39:14