



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Bröggelhoff, Uwe

Club: LC Solbad Ravensberg

Number: 1054

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M50

Total time: 1:28:21

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 4 (of 104)

Rank in course/Men: 4 (of 85)

Best time in course: 1:24:16

Rank in category: 1(of 20)

Best time in the category: 1:28:21