



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Ebel, Norbert

Club: TV Flerke

Number: 1040

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M50

Total time: 1:30:24

Speed: 13.94 km/h

Running performance: 4:17 min/km

Rank in course/Total: 7 (of 104)

Rank in course/Men: 7 (of 85)

Best time in course: 1:24:16

Rank in category: 2(of 20)

Best time in the category: 1:28:21