



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Herrmann, Nico**

Club: ESL Münster

Number: 1107

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M20

Total time: 1:30:40

Speed: 13.96 km/h

Running performance: 4:18 min/km

Rank in course/Total: 8 (of 104)

Rank in course/Men: 8 (of 85)

Best time in course: 1:24:16

Rank in category: 2(of 5)

Best time in the category: 1:24:16