



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Ahring, Udo**

Club: Landstreicher

Number: 1056

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:32:42

Speed: 13.59 km/h

Running performance: 4:23 min/km

Rank in course/Total: 11 (of 104)

Rank in course/Men: 11 (of 85)

Best time in course: 1:24:16

Rank in category: 3(of 19)

Best time in the category: 1:29:38