



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Renkert, Marco

Club: Vereinslos

Number: 1024

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M35

Total time: 1:33:21

Speed: 13.50 km/h

Running performance: 4:25 min/km

Rank in course/Total: 12 (of 104)

Rank in course/Men: 12 (of 85)

Best time in course: 1:24:16

Rank in category: 4(of 8)

Best time in the category: 1:26:16