



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Häusler, Ralf

Club: LiVe- Laufftreff in Versmold

Number: 1009

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:35:15

Speed: 13.23 km/h

Running performance: 4:31 min/km

Rank in course/Total: 14 (of 104)

Rank in course/Men: 13 (of 85)

Best time in course: 1:24:16

Rank in category: 4(of 19)

Best time in the category: 1:29:38