



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Flaskamp, Michael**

Club: Cool-Runnings-Beelen

Number: 1105

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M30

Total time: 1:35:48

Speed: 13.15 km/h

Running performance: 4:32 min/km

Rank in course/Total: 16 (of 104)

Rank in course/Men: 15 (of 85)

Best time in course: 1:24:16

Rank in category: 2(of 6)

Best time in the category: 1:25:47