



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Dreckmann, Dieter

Club: BSV Ostbevern

Number: 1085

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:36:19

Speed: 13.08 km/h

Running performance: 4:34 min/km

Rank in course/Total: 18 (of 104)

Rank in course/Men: 17 (of 85)

Best time in course: 1:24:16

Rank in category: 5(of 19)

Best time in the category: 1:29:38