



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Hanke, Thomas

Total time: 1:37:22

Number: 1096

Speed: 12.94 km/h

Running performance: 4:37 min/km

Course: 21.10 km

Rank in course/Total: 20 (of 104)

LBS-Halbmarathon

Rank in course/Men: 19 (of 85)

Best time in course: 1:24:16

Category:

Rank in category: 7(of 19)

Männer M45

Best time in the category: 1:29:38