



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Frisch, Martin

Club: Active Runner

Number: 1007

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:38:11

Speed: 12.83 km/h

Running performance: 4:39 min/km

Rank in course/Total: 21 (of 104)

Rank in course/Men: 20 (of 85)

Best time in course: 1:24:16

Rank in category: 8(of 19)

Best time in the category: 1:29:38