



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Günzel, Klaus

Club: TSVE 1890 Bielefeld

Number: 1059

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:39:45

Speed: 12.63 km/h

Running performance: 4:44 min/km

Rank in course/Total: 24 (of 104)

Rank in course/Men: 23 (of 85)

Best time in course: 1:24:16

Rank in category: 9(of 19)

Best time in the category: 1:29:38