



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Minkner, Ulrich

Club: Warendorf

Number: 1042

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M55

Total time: 1:40:30

Speed: 12.54 km/h

Running performance: 4:46 min/km

Rank in course/Total: 25 (of 104)

Rank in course/Men: 24 (of 85)

Best time in course: 1:24:16

Rank in category: 2(of 8)

Best time in the category: 1:38:46