



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Laumeyer, Ulrich

Club: Münster

Number: 1015

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M55

Total time: 1:40:52

Speed: 12.49 km/h

Running performance: 4:47 min/km

Rank in course/Total: 26 (of 104)

Rank in course/Men: 25 (of 85)

Best time in course: 1:24:16

Rank in category: 3(of 8)

Best time in the category: 1:38:46