



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Hillmann, Arnd

Total time: 1:40:54

Number: 1062

Speed: 12.49 km/h

Running performance: 4:47 min/km

Course: 21.10 km

Rank in course/Total: 27 (of 104)

LBS-Halbmarathon

Rank in course/Men: 26 (of 85)

Best time in course: 1:24:16

Category:

Rank in category: 1(of 13)

Männer M40

Best time in the category: 1:40:54