



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Glomp, Guenter

Club: Sparkasse Dortmund

Number: 1069

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:41:05

Speed: 12.46 km/h

Running performance: 4:47 min/km

Rank in course/Total: 28 (of 104)

Rank in course/Men: 27 (of 85)

Best time in course: 1:24:16

Rank in category: 10(of 19)

Best time in the category: 1:29:38