



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kastrup, Benedikt

Club: TSVE 1890 Bielefeld

Number: 1066

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M40

Total time: 1:41:35

Speed: 12.40 km/h

Running performance: 4:49 min/km

Rank in course/Total: 30 (of 104)

Rank in course/Men: 29 (of 85)

Best time in course: 1:24:16

Rank in category: 2(of 13)

Best time in the category: 1:40:54