



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Smith, Jeff

Club: Cabanauten

Number: 1061

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M40

Total time: 1:43:45

Speed: 12.14 km/h

Running performance: 4:55 min/km

Rank in course/Total: 36 (of 104)

Rank in course/Men: 35 (of 85)

Best time in course: 1:24:16

Rank in category: 4(of 13)

Best time in the category: 1:40:54