



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Steins, Hubert

Club: Laufftreff Elsen-Wewer

Number: 1074

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M50

Total time: 1:44:09

Speed: 12.10 km/h

Running performance: 4:56 min/km

Rank in course/Total: 38 (of 104)

Rank in course/Men: 37 (of 85)

Best time in course: 1:24:16

Rank in category: 7(of 20)

Best time in the category: 1:28:21