



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Hoersting, Michael

Total time: 1:46:40

Number: 1052

Speed: 11.81 km/h

Running performance: 5:04 min/km

Course: 21.10 km

Rank in course/Total: 42 (of 104)

LBS-Halbmarathon

Rank in course/Men: 41 (of 85)

Best time in course: 1:24:16

Category:

Rank in category: 4(of 6)

Männer M30

Best time in the category: 1:25:47