



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Hoersting, Michael

Number: 1052

Course: 21.10 km
LBS-Halbmarathon

Category:
Männer M30

Total time: 1:46:40

Speed: 11.81 km/h

Running performance: 5:04 min/km

Rank in course/Total: 42 (of 104)

Rank in course/Men: 41 (of 85)

Best time in course: 1:24:16

Rank in category: 4(of 6)

Best time in the category: 1:25:47