



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Dörenkamp, Anton

Club: Lauftreff Elsen-Wewer

Number: 1075

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M55

Total time: 1:46:46

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 43 (of 104)

Rank in course/Men: 42 (of 85)

Best time in course: 1:24:16

Rank in category: 4(of 8)

Best time in the category: 1:38:46