



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Althaus, Markus

Club: TuS 07 Freckenhorst

Number: 1097

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M40

Total time: 1:47:48

Speed: 11.69 km/h

Running performance: 5:07 min/km

Rank in course/Total: 46 (of 104)

Rank in course/Men: 45 (of 85)

Best time in course: 1:24:16

Rank in category: 6(of 13)

Best time in the category: 1:40:54