



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Esselmann, Tim

Club: LC Solbad Ravensberg

Number: 1094

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M30

Total time: 1:48:44

Speed: 11.59 km/h

Running performance: 5:09 min/km

Rank in course/Total: 47 (of 104)

Rank in course/Men: 46 (of 85)

Best time in course: 1:24:16

Rank in category: 5(of 6)

Best time in the category: 1:25:47