



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Pohlmann, Gerd

Club: Tus 07 Freckenhorst

Number: 1083

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:48:54

Speed: 11.57 km/h

Running performance: 5:10 min/km

Rank in course/Total: 48 (of 104)

Rank in course/Men: 47 (of 85)

Best time in course: 1:24:16

Rank in category: 14(of 19)

Best time in the category: 1:29:38