



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Hüging, Michael

Club: Aktive Runner

Number: 1100

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M40

Total time: 1:50:00

Speed: 11.45 km/h

Running performance: 5:13 min/km

Rank in course/Total: 50 (of 104)

Rank in course/Men: 48 (of 85)

Best time in course: 1:24:16

Rank in category: 7(of 13)

Best time in the category: 1:40:54