



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Harrendorf, Hans-Jürgen

Club: Ski-Club Beckum

Number: 1057

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M65

Total time: 1:50:26

Speed: 11.41 km/h

Running performance: 5:14 min/km

Rank in course/Total: 52 (of 104)

Rank in course/Men: 50 (of 85)

Best time in course: 1:24:16

Rank in category: 1(of 2)

Best time in the category: 1:50:26