



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Wolk, Reinhard

Club: BSG Fa-Beckum

Number: 1104

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M50

Total time: 1:50:46

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 54 (of 104)

Rank in course/Men: 52 (of 85)

Best time in course: 1:24:16

Rank in category: 9(of 20)

Best time in the category: 1:28:21