



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Dr. Herrmann, Egbert

Club: Münster

Number: 1005

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M50

Total time: 1:51:02

Speed: 11.35 km/h

Running performance: 5:16 min/km

Rank in course/Total: 55 (of 104)

Rank in course/Men: 53 (of 85)

Best time in course: 1:24:16

Rank in category: 10(of 20)

Best time in the category: 1:28:21