



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Rennemeier, Bernhard

Club: Scheffers Roadrunner

Number: 1102

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:51:09

Speed: 11.34 km/h

Running performance: 5:16 min/km

Rank in course/Total: 56 (of 104)

Rank in course/Men: 54 (of 85)

Best time in course: 1:24:16

Rank in category: 15(of 19)

Best time in the category: 1:29:38