



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Bäumker, Werner**

Club: Scheffers Roadrunner

Number: 1101

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M40

Total time: 1:52:00

Speed: 11.25 km/h

Running performance: 5:19 min/km

Rank in course/Total: 58 (of 104)

Rank in course/Men: 56 (of 85)

Best time in course: 1:24:16

Rank in category: 8(of 13)

Best time in the category: 1:40:54