



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Schlake, Reinhard

Total time: 1:54:42

Number: 1103

Speed: 11.04 km/h

Running performance: 5:26 min/km

Course: 21.10 km

Rank in course/Total: 60 (of 104)

LBS-Halbmarathon

Rank in course/Men: 57 (of 85)

Best time in course: 1:24:16

Category:

Rank in category: 9(of 13)

Männer M40

Best time in the category: 1:40:54