



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Austermann, Ralf**

Club: Rietberg

Number: 1000

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:55:00

Speed: 10.96 km/h

Running performance: 5:27 min/km

Rank in course/Total: 61 (of 104)

Rank in course/Men: 58 (of 85)

Best time in course: 1:24:16

Rank in category: 16(of 19)

Best time in the category: 1:29:38