



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Seifert, Jürgen**

Club: Melle

Number: 1073

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M50

Total time: 1:55:32

Speed: 10.91 km/h

Running performance: 5:29 min/km

Rank in course/Total: 62 (of 104)

Rank in course/Men: 59 (of 85)

Best time in course: 1:24:16

Rank in category: 11(of 20)

Best time in the category: 1:28:21