



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Muenstermann, Albert

Club: DJK-RW-Alverskirchen

Number: 1019

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:55:52

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 63 (of 104)

Rank in course/Men: 60 (of 85)

Best time in course: 1:24:16

Rank in category: 17(of 19)

Best time in the category: 1:29:38