



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

Zander, Michael

Club: Münster

Number: 1036

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M30

Total time: 1:56:57

Speed: 10.77 km/h

Running performance: 5:32 min/km

Rank in course/Total: 69 (of 104)

Rank in course/Men: 65 (of 85)

Best time in course: 1:24:16

Rank in category: 6(of 6)

Best time in the category: 1:25:47