



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Ostermann, Thomas

Club: WSU Tri-Team

Number: 1077

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M40

Total time: 1:58:09

Speed: 10.66 km/h

Running performance: 5:36 min/km

Rank in course/Total: 72 (of 104)

Rank in course/Men: 67 (of 85)

Best time in course: 1:24:16

Rank in category: 10(of 13)

Best time in the category: 1:40:54