



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Karmann, Jürgen

Club: Warendorf

Number: 1011

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M45

Total time: 1:59:48

Speed: 10.52 km/h

Running performance: 5:41 min/km

Rank in course/Total: 78 (of 104)

Rank in course/Men: 71 (of 85)

Best time in course: 1:24:16

Rank in category: 18(of 19)

Best time in the category: 1:29:38