



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Ridder, Arno

Club: TV Flerke

Number: 1076

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M50

Total time: 2:01:14

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 80 (of 104)

Rank in course/Men: 72 (of 85)

Best time in course: 1:24:16

Rank in category: 15(of 20)

Best time in the category: 1:28:21