



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kottenstedte, Klaus

Club: Beelen

Number: 1045

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M40

Total time: 2:05:23

Speed: 10.05 km/h

Running performance: 5:56 min/km

Rank in course/Total: 86 (of 104)

Rank in course/Men: 77 (of 85)

Best time in course: 1:24:16

Rank in category: 13(of 13)

Best time in the category: 1:40:54