



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Jakobs, Hans

Club: LC Duisburg

Number: 1043

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M70

Total time: 2:16:16

Speed: 9.25 km/h

Running performance: 6:28 min/km

Rank in course/Total: 97 (of 104)

Rank in course/Men: 81 (of 85)

Best time in course: 1:24:16

Rank in category: 1(of 2)

Best time in the category: 2:16:16