



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Glöde, Klaus-Dieter

Total time: 2:22:10

Number: 1058

Speed: 8.86 km/h

Running performance: 6:44 min/km

Course: 21.10 km

Rank in course/Total: 100 (of 104)

LBS-Halbmarathon

Rank in course/Men: 82 (of 85)

Best time in course: 1:24:16

Category:

Rank in category: 20(of 20)

Männer M50

Best time in the category: 1:28:21