



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Meyer, Rolf-Dieter

Club: Hamburg

Number: 1038

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M55

Total time: 2:23:31

Speed: 8.78 km/h

Running performance: 6:48 min/km

Rank in course/Total: 102 (of 104)

Rank in course/Men: 83 (of 85)

Best time in course: 1:24:16

Rank in category: 7(of 8)

Best time in the category: 1:38:46