



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Wischerhoff, Dieter

Club: Raucherclub Moabit

Number: 1079

Course: 21.10 km

LBS-Halbmarathon

Category:

Männer M55

Total time: 2:28:03

Speed: 8.51 km/h

Running performance: 7:01 min/km

Rank in course/Total: 103 (of 104)

Rank in course/Men: 84 (of 85)

Best time in course: 1:24:16

Rank in category: 8(of 8)

Best time in the category: 1:38:46