



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Rentz, Winrich

Total time: 2:47:02

Number: 1070

Speed: 7.54 km/h

Running performance: 7:55 min/km

Course: 21.10 km

Rank in course/Total: 104 (of 104)

LBS-Halbmarathon

Rank in course/Men: 85 (of 85)

Best time in course: 1:24:16

Category:

Rank in category: 2(of 2)

Männer M70

Best time in the category: 2:16:16