



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Samizaoeh, Jasmin

Club: Münster  
Number: 824

Course: 10.00 km  
Volkslauf

Category:  
Frauen W30

Total time: 54:14

Speed: 11.06 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 83 (of 141)

Rank in course/Women: 8 (of 40)

Best time in course: 41:51

Rank in category: 2(of 7)

Best time in the category: 44:41