



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Luig, Judith

Club: Wasser + Freizeit Münster  
Number: 713

Course: 10.00 km  
Volkslauf

Category:  
Frauen W30

Total time: 54:48

Speed: 10.95 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 94 (of 141)  
Rank in course/Women: 14 (of 40)  
Best time in course: 41:51

Rank in category: 4(of 7)  
Best time in the category: 44:41