



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Ahlke, Hildegard

Club: Warendorf

Number: 782

Course: 10.00 km

Volkslauf

Category:

Frauen W50

Total time: 58:29

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 109 (of 141)

Rank in course/Women: 20 (of 40)

Best time in course: 41:51

Rank in category: 1(of 5)

Best time in the category: 58:29