



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Lammers, Marianne

Club: Ems-Turbos-Everswinkel  
Number: 804

Course: 10.00 km  
Volkslauf

Category:  
Frauen W50

Total time: 1:01:13

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 116 (of 141)

Rank in course/Women: 25 (of 40)

Best time in course: 41:51

Rank in category: 2(of 5)

Best time in the category: 58:29