



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Holtsiege, Bettina

Club: Telgte  
Number: 793

Course: 10.00 km  
Volkslauf

Category:  
Frauen W45

Total time: 1:03:05

Speed: 9.51 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 126 (of 141)

Rank in course/Women: 30 (of 40)

Best time in course: 41:51

Rank in category: 4(of 4)

Best time in the category: 52:38