



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Heithaus, Monika

Club: Warendorf  
Number: 707

Course: 10.00 km  
Volkslauf

Category:  
Frauen W40

Total time: 1:05:19

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 133 (of 141)

Rank in course/Women: 37 (of 40)

Best time in course: 41:51

Rank in category: 9(of 9)

Best time in the category: 52:20