



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Thorwesten, Nicole**

Club: LT Geseke  
Number: 1212

Course: 21.10 km  
Halbmarathon

Category:  
Frauen W35

Total time: 1:45:34

Speed: 11.94 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 68 (of 142)

Rank in course/Women: 5 (of 35)

Best time in course: 1:23:24

Rank in category: 1(of 6)

Best time in the category: 1:45:34