



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Seiler, Mechthild

Club: SG Sendenhorst
Number: 1181

Course: 21.10 km
Halbmarathon

Category:
Frauen W50

Total time: 2:09:52

Speed: 9.70 km/h
Running performance: 6:09 min/km

Rank in course/Total: 122 (of 142)

Rank in course/Women: 22 (of 35)

Best time in course: 1:23:24

Rank in category: 2(of 3)

Best time in the category: 1:44:40