



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Aistermann, Stephanie**

Club: SV-Spexard

Number: 1169

Course: 21.10 km

Halbmarathon

Category:

Frauen W35

Total time: 2:13:31

Speed: 9.44 km/h

Running performance: 6:20 min/km

Rank in course/Total: 125 (of 142)

Rank in course/Women: 24 (of 35)

Best time in course: 1:23:24

Rank in category: 6(of 6)

Best time in the category: 1:45:34