



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Wächter, Karina

Club: LG Ems - VfL Sassenberg  
Number: 604

Course: 5.00 km  
Jedermannlauf

Category:  
weibliche Jugend B

Total time: 26:02

Speed: 11.52 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 24 (of 44)

Rank in course/Women: 2 (of 13)

Best time in course: 24:46

Rank in category: 1(of 1)

Best time in the category: 26:02