



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Köllerwirth, Regina

Club: Ahlen  
Number: 602

Course: 5.00 km  
Jedermannlauf

Category:  
Frauen W45

Total time: 26:53

Speed: 11.16 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 29 (of 44)  
Rank in course/Women: 4 (of 13)  
Best time in course: 24:46

Rank in category: 1(of 3)  
Best time in the category: 26:53