



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Nau, Gertrud

Club: DJK Grünweiß Werl
Number: 641

Course: 5.00 km
Jedermannlauf

Category:
Frauen W60

Total time: 29:51

Speed: 10.05 km/h
Running performance: 5:58 min/km

Rank in course/Total: 39 (of 44)
Rank in course/Women: 10 (of 13)
Best time in course: 24:46

Rank in category: 1(of 1)
Best time in the category: 29:51