



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