



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

**Benek, Gabriele**

Club: Sendenhorst  
Number: 623

Course: 5.00 km  
Jedermannlauf

Category:  
Frauen W50

Total time: 29:55

Speed: 10.03 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 40 (of 44)  
Rank in course/Women: 11 (of 13)  
Best time in course: 24:46

Rank in category: 2(of 2)  
Best time in the category: 26:13