



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