



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Lison, Anika

Club: LG Ems Warendorf

Number: 284

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler D

Total time: 10:13

Speed: 11.75 km/h

Running performance: 4:26 min/km

Rank in course/Total: 19 (of 283)

Rank in course/Women: 4 (of 146)

Best time in course: 9:24

Rank in category: 1(of 59)

Best time in the category: 10:13