



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Strohthoff, Mona

Club: LG Ems Warendorf

Number: 482

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler C

Total time: 11:52

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 76 (of 283)

Rank in course/Women: 21 (of 146)

Best time in course: 9:24

Rank in category: 7(of 39)

Best time in the category: 9:24