



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Blienert, Sarah

Club: LG Ems Warendorf

Number: 495

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler B

Total time: 10:58

Speed: 10.94 km/h

Running performance: 4:46 min/km

Rank in course/Total: 45 (of 283)

Rank in course/Women: 13 (of 146)

Best time in course: 9:24

Rank in category: 4(of 38)

Best time in the category: 10:34