



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Bischoff, Lara**

Club: WSU

Number: 219

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler B

Total time: 12:00

Speed: 10.00 km/h

Running performance: 5:13 min/km

Rank in course/Total: 83 (of 283)

Rank in course/Women: 25 (of 146)

Best time in course: 9:24

Rank in category: 7(of 38)

Best time in the category: 10:34