



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Trecul, Beatrice**

Club: ESV MS

Number: 635

Course: 5.00 km

Jedermannlauf

Category:

Frauen W40

Total time: 23:10

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 21 (of 75)

Rank in course/Women: 2 (of 23)

Best time in course: 21:50

Rank in category: 1(of 4)

Best time in the category: 23:10