



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Falk, Birgit**

Club: TV Friesen Telgte e. V.

Number: 607

Course: 5.00 km

Jedermannlauf

Category:

Frauen W30

Total time: 26:29

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 34 (of 75)

Rank in course/Women: 5 (of 23)

Best time in course: 21:50

Rank in category: 1(of 2)

Best time in the category: 26:29