



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Barker, Heidi**

Club: Warendorf

Number: 648

Course: 5.00 km

Jedermannlauf

Category:

Frauen W20

Total time: 27:19

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 45 (of 75)

Rank in course/Women: 7 (of 23)

Best time in course: 21:50

Rank in category: 2(of 6)

Best time in the category: 27:09