



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Johanterwage, Christel

Club: WSU

Number: 669

Course: 5.00 km

Jedermannlauf

Category:

Frauen W50

Total time: 28:15

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 49 (of 75)

Rank in course/Women: 9 (of 23)

Best time in course: 21:50

Rank in category: 1(of 1)

Best time in the category: 28:15