



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Bischoff, Sabine**

Club: Warendorf

Number: 602

Course: 5.00 km

Jedermannlauf

Category:

Frauen W40

Total time: 28:42

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 52 (of 75)

Rank in course/Women: 11 (of 23)

Best time in course: 21:50

Rank in category: 2(of 4)

Best time in the category: 23:10