



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Köllerwirth, Regina

Club: Ahlen
Number: 616

Course: 5.00 km
Jedermannlauf

Category:
Frauen W45

Total time: 28:44

Speed: 10.44 km/h
Running performance: 5:45 min/km

Rank in course/Total: 53 (of 75)
Rank in course/Women: 12 (of 23)
Best time in course: 21:50

Rank in category: 2(of 5)
Best time in the category: 21:50