



# 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