



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Toepper, Karin

Club: WSU

Number: 644

Course: 5.00 km

Jedermannlauf

Category:

Frauen W45

Total time: 30:33

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 62 (of 75)

Rank in course/Women: 15 (of 23)

Best time in course: 21:50

Rank in category: 4(of 5)

Best time in the category: 21:50