



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Dirksen, Nicole

Club: LT Lehbruch

Number: 604

Course: 5.00 km

Jedermannlauf

Category:

Frauen W20

Total time: 32:01

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 66 (of 75)

Rank in course/Women: 17 (of 23)

Best time in course: 21:50

Rank in category: 5(of 6)

Best time in the category: 27:09