



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kieskemper, Waltraud

Club: Warendorf

Number: 679

Course: 5.00 km

Jedermannlauf

Category:

Frauen W40

Total time: 32:20

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 67 (of 75)

Rank in course/Women: 18 (of 23)

Best time in course: 21:50

Rank in category: 3(of 4)

Best time in the category: 23:10