



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Muender, Elisabeth**

Club: Lippstadt

Number: 619

Course: 5.00 km

Jedermannlauf

Category:

Frauen W40

Total time: 34:05

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 70 (of 75)

Rank in course/Women: 21 (of 23)

Best time in course: 21:50

Rank in category: 4(of 4)

Best time in the category: 23:10