



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Thoß, Bettina

Total time: 34:09

Number: 647

Speed: 8.78 km/h

Running performance: 6:50 min/km

Course: 5.00 km

Rank in course/Total: 72 (of 75)

Jedermannlauf

Rank in course/Women: 22 (of 23)

Best time in course: 21:50

Category:

Rank in category: 5(of 5)

Frauen W45

Best time in the category: 21:50