



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Rolf, Atlantis**

Club: Bad Iburg

Number: 624

Course: 5.00 km

Jedermannlauf

Category:

Frauen W35

Total time: 37:58

Speed: 7.90 km/h

Running performance: 7:35 min/km

Rank in course/Total: 74 (of 75)

Rank in course/Women: 23 (of 23)

Best time in course: 21:50

Rank in category: 2(of 2)

Best time in the category: 30:09