



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**John, Steffi**

Club: Emsturbos

Number: 805

Course: 10.00 km

Volkslauf

Category:

weibliche Jugend A

Total time: 40:24

Speed: 14.85 km/h

Running performance: 4:02 min/km

Rank in course/Total: 13 (of 167)

Rank in course/Women: 1 (of 40)

Best time in course: 40:24

Rank in category: 1(of 1)

Best time in the category: 40:24