



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Esselmann, Jela

Club: Live Laufftreff Versmold

Number: 833

Course: 10.00 km

Volkslauf

Category:

Frauen W30

Total time: 42:28

Speed: 14.13 km/h

Running performance: 4:15 min/km

Rank in course/Total: 19 (of 167)

Rank in course/Women: 2 (of 40)

Best time in course: 40:24

Rank in category: 1(of 5)

Best time in the category: 42:28