



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Mertens, Manuela

Club: Sportschule der Bundeswehr

Number: 737

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 43:20

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 27 (of 167)

Rank in course/Women: 3 (of 40)

Best time in course: 40:24

Rank in category: 1(of 5)

Best time in the category: 43:20