



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Rüter, Sigrid

Club: LC Solbad Ravensberg

Number: 854

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 45:40

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 36 (of 167)

Rank in course/Women: 4 (of 40)

Best time in course: 40:24

Rank in category: 1(of 8)

Best time in the category: 45:40