



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kortmann, Sonja

Club: LG Emsturbos Everswinkel

Number: 821

Course: 10.00 km

Volkslauf

Category:

weibliche Jugend B

Total time: 47:05

Speed: 12.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 46 (of 167)

Rank in course/Women: 5 (of 40)

Best time in course: 40:24

Rank in category: 1(of 1)

Best time in the category: 47:05