



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Gossen, Helena

Club: Warendorf

Number: 775

Course: 10.00 km

Volkslauf

Category:

Frauen W35

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 53 (of 167)

Rank in course/Women: 6 (of 40)

Best time in course: 40:24

Rank in category: 1(of 9)

Best time in the category: 48:17