



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Westhoff, Marianne

Club: VFL Sassenberg

Number: 871

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 50:49

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 73 (of 167)

Rank in course/Women: 7 (of 40)

Best time in course: 40:24

Rank in category: 1(of 3)

Best time in the category: 50:49