



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Schellhammer, Conny

Club: Warendorf

Number: 828

Course: 10.00 km

Volkslauf

Category:

Frauen W30

Total time: 51:43

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 80 (of 167)

Rank in course/Women: 8 (of 40)

Best time in course: 40:24

Rank in category: 2(of 5)

Best time in the category: 42:28