



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Glowig, Christina

Club: TV Warendorf

Number: 843

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 52:23

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 87 (of 167)

Rank in course/Women: 10 (of 40)

Best time in course: 40:24

Rank in category: 2(of 8)

Best time in the category: 45:40