



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Nicht, Bärbel

Club: TC08 Münster

Number: 738

Course: 10.00 km

Volkslauf

Category:

Frauen W35

Total time: 52:57

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 94 (of 167)

Rank in course/Women: 12 (of 40)

Best time in course: 40:24

Rank in category: 3(of 9)

Best time in the category: 48:17