



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

El Farah, Zhor

Club: Beelen

Number: 810

Course: 10.00 km

Volkslauf

Category:

Frauen W35

Total time: 53:00

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 95 (of 167)

Rank in course/Women: 13 (of 40)

Best time in course: 40:24

Rank in category: 4(of 9)

Best time in the category: 48:17