



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Meiwes, Maria

Club: VFL Sassenberg

Number: 873

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 53:07

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 97 (of 167)

Rank in course/Women: 14 (of 40)

Best time in course: 40:24

Rank in category: 2(of 3)

Best time in the category: 50:49