



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Auerswald, Kerstin**

Club: LG Ems Warendorf

Number: 80

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 53:17

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 101 (of 167)

Rank in course/Women: 16 (of 40)

Best time in course: 40:24

Rank in category: 3(of 8)

Best time in the category: 45:40