



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Zander, Iris

Club: Warendorf

Number: 757

Course: 10.00 km

Volkslauf

Category:

Frauen W30

Total time: 53:45

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 109 (of 167)

Rank in course/Women: 17 (of 40)

Best time in course: 40:24

Rank in category: 3(of 5)

Best time in the category: 42:28