



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Erlemeyer, Carina**

Club: Warendorf

Number: 711

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 55:46

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 123 (of 167)

Rank in course/Women: 21 (of 40)

Best time in course: 40:24

Rank in category: 4(of 5)

Best time in the category: 43:20