



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Spicker, Karin**

Club: Tri-Team Warendorf

Number: 831

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 56:50

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 135 (of 167)

Rank in course/Women: 24 (of 40)

Best time in course: 40:24

Rank in category: 3(of 3)

Best time in the category: 50:49