



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Plaskaty, Kathrin

Total time: 57:41

Number: 786

Speed: 10.40 km/h

Running performance: 5:46 min/km

Course: 10.00 km

Rank in course/Total: 141 (of 167)

Volkslauf

Rank in course/Women: 28 (of 40)

Best time in course: 40:24

Category:

Rank in category: 5(of 5)

Frauen W20

Best time in the category: 43:20