



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Lammers, Marianne

Club: LG Ems Everswinkel

Number: 822

Course: 10.00 km

Volkslauf

Category:

Frauen W50

Total time: 59:07

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 147 (of 167)

Rank in course/Women: 30 (of 40)

Best time in course: 40:24

Rank in category: 3(of 4)

Best time in the category: 56:46