



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Meyer-Brockob, Astrid

Club: Telgte

Number: 836

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 59:46

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 153 (of 167)

Rank in course/Women: 33 (of 40)

Best time in course: 40:24

Rank in category: 6(of 8)

Best time in the category: 45:40