



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Blanke, Hannelore

Club: VfL Sassenberg

Number: 703

Course: 10.00 km

Volkslauf

Category:

Frauen W70

Total time: 1:00:51

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 156 (of 167)

Rank in course/Women: 35 (of 40)

Best time in course: 40:24

Rank in category: 1(of 1)

Best time in the category: 1:00:51