



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Struchtrup, Adelgunde

Club: SC DJK Everswinkel

Number: 869

Course: 10.00 km

Volkslauf

Category:

Frauen W55

Total time: 1:02:54

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 159 (of 167)

Rank in course/Women: 36 (of 40)

Best time in course: 40:24

Rank in category: 2(of 3)

Best time in the category: 59:58