



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kreienbaum, Renate

Club: VFL Sassenberg

Number: 846

Course: 10.00 km

Volkslauf

Category:

Frauen W50

Total time: 1:03:05

Speed: 9.51 km/h

Running performance: 6:19 min/km

Rank in course/Total: 160 (of 167)

Rank in course/Women: 37 (of 40)

Best time in course: 40:24

Rank in category: 4(of 4)

Best time in the category: 56:46