



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Körting, Cornelia**

Club: Schinderjupps Laktatex Press

Number: 812

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 1:05:21

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 165 (of 167)

Rank in course/Women: 38 (of 40)

Best time in course: 40:24

Rank in category: 7(of 8)

Best time in the category: 45:40