



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Schüler, Heike

Club: Schinderjupps Laktatex Press

Number: 1067

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W30

Total time: 1:34:06

Speed: 13.39 km/h

Running performance: 4:28 min/km

Rank in course/Total: 13 (of 104)

Rank in course/Women: 1 (of 19)

Best time in course: 1:34:06

Rank in category: 1(of 3)

Best time in the category: 1:34:06