



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Kläsener, Hedwig

Club: LG Ahlen

Number: 1013

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W40

Total time: 1:49:33

Speed: 11.50 km/h

Running performance: 5:11 min/km

Rank in course/Total: 49 (of 104)

Rank in course/Women: 2 (of 19)

Best time in course: 1:34:06

Rank in category: 1(of 5)

Best time in the category: 1:49:33