



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Henkemeier, Gaby**

Club: SCC Scharmede

Number: 1098

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W45

Total time: 1:52:44

Speed: 11.18 km/h

Running performance: 5:20 min/km

Rank in course/Total: 59 (of 104)

Rank in course/Women: 3 (of 19)

Best time in course: 1:34:06

Rank in category: 1(of 5)

Best time in the category: 1:52:44