



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Friederici, Christa

Club: SG Sendenhorst

Number: 1065

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W45

Total time: 1:58:21

Speed: 10.65 km/h

Running performance: 5:37 min/km

Rank in course/Total: 73 (of 104)

Rank in course/Women: 6 (of 19)

Best time in course: 1:34:06

Rank in category: 3(of 5)

Best time in the category: 1:52:44