



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Timmerberg-Heine, Birgit**

Club: TV Flerke

Number: 1029

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W45

Total time: 2:02:11

Speed: 10.31 km/h

Running performance: 5:47 min/km

Rank in course/Total: 83 (of 104)

Rank in course/Women: 9 (of 19)

Best time in course: 1:34:06

Rank in category: 4(of 5)

Best time in the category: 1:52:44