



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

Herweg, Ulla

Total time: 2:05:24

Number: 1089

Speed: 10.05 km/h

Running performance: 5:56 min/km

Course: 21.10 km

Rank in course/Total: 87 (of 104)

LBS-Halbmarathon

Rank in course/Women: 10 (of 19)

Best time in course: 1:34:06

Category:

Rank in category: 5(of 5)

Frauen W45

Best time in the category: 1:52:44