



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Levenig-Karsch, Claudia

Club: Hamm

Number: 1016

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W40

Total time: 2:09:53

Speed: 9.70 km/h

Running performance: 6:10 min/km

Rank in course/Total: 92 (of 104)

Rank in course/Women: 13 (of 19)

Best time in course: 1:34:06

Rank in category: 3(of 5)

Best time in the category: 1:49:33