



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Fust, Maria

Club: LV Oelde

Number: 1060

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W50

Total time: 2:10:19

Speed: 9.67 km/h

Running performance: 6:11 min/km

Rank in course/Total: 93 (of 104)

Rank in course/Women: 14 (of 19)

Best time in course: 1:34:06

Rank in category: 2(of 4)

Best time in the category: 2:08:53