



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Malzahn, Ruth**

Club: Lünen

Number: 1039

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W50

Total time: 2:19:07

Speed: 9.06 km/h

Running performance: 6:35 min/km

Rank in course/Total: 98 (of 104)

Rank in course/Women: 17 (of 19)

Best time in course: 1:34:06

Rank in category: 3(of 4)

Best time in the category: 2:08:53