



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Börger, Simone

Club: Lengerich

Number: 1003

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W40

Total time: 2:20:20

Speed: 8.98 km/h

Running performance: 6:39 min/km

Rank in course/Total: 99 (of 104)

Rank in course/Women: 18 (of 19)

Best time in course: 1:34:06

Rank in category: 5(of 5)

Best time in the category: 1:49:33