



## 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

### Detailed evaluation

**Pfeiffer, Almuth**

Club: Warendorf

Number: 1041

Course: 21.10 km

LBS-Halbmarathon

Category:

Frauen W50

Total time: 2:23:30

Speed: 8.78 km/h

Running performance: 6:48 min/km

Rank in course/Total: 101 (of 104)

Rank in course/Women: 19 (of 19)

Best time in course: 1:34:06

Rank in category: 4(of 4)

Best time in the category: 2:08:53