



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Höft, Frieda

Club: LG Ems Warendorf

Number: 262

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler D

Total time: 11:53

Speed: 10.10 km/h

Running performance: 5:10 min/km

Rank in course/Total: 77 (of 283)

Rank in course/Women: 22 (of 146)

Best time in course: 9:24

Rank in category: 8(of 59)

Best time in the category: 10:13