



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Höft, Frieda

Club: WSU

Number: 344

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler D

Total time: 10:18

Speed: 11.65 km/h

Running performance: 4:29 min/km

Rank in course/Total: 24 (of 158)

Rank in course/Women: 4 (of 74)

Best time in course: 9:38

Rank in category: 2(of 38)

Best time in the category: 9:38