



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Kappel, Victoria**

Club: Laurentianum

Number: 342

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler C

Total time: 14:12

Speed: 8.45 km/h

Running performance: 6:10 min/km

Rank in course/Total: 117 (of 158)

Rank in course/Women: 48 (of 74)

Best time in course: 9:38

Rank in category: 13(of 20)

Best time in the category: 10:42