



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Warode, Lena

Club: VfL Sassenberg

Number: 279

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler C

Total time: 15:23

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 140 (of 158)

Rank in course/Women: 65 (of 74)

Best time in course: 9:38

Rank in category: 18(of 20)

Best time in the category: 10:42