



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Horstmann, Carina

Club: LG Ems Warendorf

Number: 234

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler B

Total time: 11:38

Speed: 10.32 km/h

Running performance: 5:04 min/km

Rank in course/Total: 68 (of 158)

Rank in course/Women: 22 (of 74)

Best time in course: 9:38

Rank in category: 8(of 14)

Best time in the category: 9:45