



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Nalyn, Al-Abdou

Club: Warendorf

Number: 372

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler B

Total time: 13:45

Speed: 8.73 km/h

Running performance: 5:59 min/km

Rank in course/Total: 109 (of 158)

Rank in course/Women: 44 (of 74)

Best time in course: 9:38

Rank in category: 11(of 14)

Best time in the category: 9:45