



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Falk, Birgit

Club: TV Friesen Telgte

Number: 631

Course: 5.00 km

Jedermannlauf

Category:

Frauen W30

Total time: 25:04

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 27 (of 64)

Rank in course/Women: 2 (of 19)

Best time in course: 24:59

Rank in category: 1(of 3)

Best time in the category: 25:04