



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Dießel, Lucia

Club: LSF Münster
Number: 665

Course: 5.00 km
Jedermannlauf

Category:
Frauen W50

Total time: 25:24

Speed: 11.81 km/h
Running performance: 5:05 min/km

Rank in course/Total: 29 (of 64)

Rank in course/Women: 3 (of 19)

Best time in course: 24:59

Rank in category: 1(of 3)

Best time in the category: 25:24