



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Ahlke, Hildegard

Club: WSU

Number: 658

Course: 5.00 km

Jedermannlauf

Category:

Frauen W55

Total time: 27:59

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 38 (of 64)

Rank in course/Women: 6 (of 19)

Best time in course: 24:59

Rank in category: 1(of 1)

Best time in the category: 27:59