



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Frohne, Alexandra

Club: Warendorf

Number: 651

Course: 5.00 km

Jedermannlauf

Category:

Frauen W30

Total time: 28:06

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 40 (of 64)

Rank in course/Women: 7 (of 19)

Best time in course: 24:59

Rank in category: 2(of 3)

Best time in the category: 25:04