



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Boekkerink, Margit

Club: FC Nordkirchen

Number: 657

Course: 5.00 km

Jedermannlauf

Category:

Frauen W50

Total time: 28:28

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 43 (of 64)

Rank in course/Women: 9 (of 19)

Best time in course: 24:59

Rank in category: 2(of 3)

Best time in the category: 25:24