



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Barker, Heidi**

Club: Warendorf

Number: 670

Course: 5.00 km

Jedermannlauf

Category:

Frauen W20

Total time: 28:46

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 46 (of 64)

Rank in course/Women: 10 (of 19)

Best time in course: 24:59

Rank in category: 1(of 2)

Best time in the category: 28:46