



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Torneden, Heidi**

Club: Post SV Gütersloh

Number: 656

Course: 10.00 km

Volkslauf

Category:

Frauen W50

Total time: 50:29

Speed: 11.89 km/h

Running performance: 5:03 min/km

Rank in course/Total: 53 (of 141)

Rank in course/Women: 2 (of 36)

Best time in course: 42:45

Rank in category: 1(of 3)

Best time in the category: 50:29