



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Spickermann, Yvonne**

Club: Warendorf

Number: 747

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 52:17

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 71 (of 141)

Rank in course/Women: 4 (of 36)

Best time in course: 42:45

Rank in category: 1(of 9)

Best time in the category: 52:17