



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Karrasch, Alicia

Club: Laurentiusschule Warendorf  
Number: 316

Course: 2.30 km  
Schülerlauf

Category:  
weibliche Schüler D

Total time: 11:58

Speed: 10.03 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 78 (of 158)

Rank in course/Women: 26 (of 74)

Best time in course: 9:38

Rank in category: 9(of 38)

Best time in the category: 9:38