



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Sander, Conny**

Club: Sportschule der Bundeswehr

Number: 798

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 53:23

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 78 (of 141)

Rank in course/Women: 6 (of 36)

Best time in course: 42:45

Rank in category: 2(of 9)

Best time in the category: 52:17