



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Smykalla, Melanie

Club: SG Sendenhorst

Number: 789

Course: 10.00 km

Volkslauf

Category:

Frauen W35

Total time: 55:06

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 90 (of 141)

Rank in course/Women: 8 (of 36)

Best time in course: 42:45

Rank in category: 2(of 4)

Best time in the category: 54:56