



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Glovig, Christina**

Club: Tennisverein Warendorf

Number: 835

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 56:03

Speed: 10.70 km/h

Running performance: 5:36 min/km

Rank in course/Total: 97 (of 141)

Rank in course/Women: 10 (of 36)

Best time in course: 42:45

Rank in category: 1(of 8)

Best time in the category: 56:03