



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Hilgemann, Hildegard

Club: VfL Ahaus  
Number: 706

Course: 10.00 km  
Volkslauf

Category:  
Frauen W45

Total time: 57:24

Speed: 10.45 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 102 (of 141)

Rank in course/Women: 12 (of 36)

Best time in course: 42:45

Rank in category: 2(of 8)

Best time in the category: 56:03