



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Karrasch, Anja**

Club: Warendorf

Number: 736

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 57:51

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 106 (of 141)

Rank in course/Women: 14 (of 36)

Best time in course: 42:45

Rank in category: 5(of 10)

Best time in the category: 42:45