



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Nfinda, Simone

Club: LG Ems Warendorf
Number: 347

Course: 2.30 km
Schülerlauf

Category:
weibliche Schüler D

Total time: 12:28

Speed: 9.63 km/h
Running performance: 5:25 min/km

Rank in course/Total: 88 (of 158)

Rank in course/Women: 32 (of 74)

Best time in course: 9:38

Rank in category: 11(of 38)

Best time in the category: 9:38