



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Scholz, Astrid**

Club: WSU

Number: 760

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 57:54

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 107 (of 141)

Rank in course/Women: 15 (of 36)

Best time in course: 42:45

Rank in category: 4(of 8)

Best time in the category: 56:03