



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Böckers, Mechtild**

Club: VfL Ahaus

Number: 702

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 59:14

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 113 (of 141)

Rank in course/Women: 19 (of 36)

Best time in course: 42:45

Rank in category: 5(of 8)

Best time in the category: 56:03