



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Stuerwald, Sabine**

Club: TV Friesen Telgte

Number: 753

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 59:23

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 115 (of 141)

Rank in course/Women: 21 (of 36)

Best time in course: 42:45

Rank in category: 5(of 9)

Best time in the category: 52:17