



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Flaskkamp, Ulrike

Club: Warendorf

Number: 759

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 1:01:01

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 122 (of 141)

Rank in course/Women: 26 (of 36)

Best time in course: 42:45

Rank in category: 7(of 10)

Best time in the category: 42:45