



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Schniedertöns, Gisela

Club: VfL Ahaus  
Number: 709

Course: 10.00 km  
Volkslauf

Category:  
Frauen W45

Total time: 1:01:31

Speed: 9.75 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 125 (of 141)

Rank in course/Women: 29 (of 36)

Best time in course: 42:45

Rank in category: 7(of 8)

Best time in the category: 56:03