



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Frisse, Petra

Club: Havixbeck

Number: 748

Course: 10.00 km

Volkslauf

Category:

Frauen W35

Total time: 1:02:25

Speed: 9.61 km/h

Running performance: 6:14 min/km

Rank in course/Total: 130 (of 141)

Rank in course/Women: 30 (of 36)

Best time in course: 42:45

Rank in category: 4(of 4)

Best time in the category: 54:56