



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Beckmann, Susanne

Club: Warendorf

Number: 779

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 1:03:01

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 132 (of 141)

Rank in course/Women: 31 (of 36)

Best time in course: 42:45

Rank in category: 8(of 10)

Best time in the category: 42:45