



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Schalk-herbers, Kerstin

Club: TV Friesen Telgte

Number: 797

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 1:03:26

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 135 (of 141)

Rank in course/Women: 32 (of 36)

Best time in course: 42:45

Rank in category: 8(of 8)

Best time in the category: 56:03