



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Berheide, Sandra

Club: Ennigerloh

Number: 714

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 1:22:13

Speed: 7.30 km/h

Running performance: 8:13 min/km

Rank in course/Total: 141 (of 141)

Rank in course/Women: 36 (of 36)

Best time in course: 42:45

Rank in category: 9(of 9)

Best time in the category: 52:17