



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Lammers, Nele**

Club: Warendorf

Number: 341

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler D

Total time: 9:38

Speed: 12.46 km/h

Running performance: 4:11 min/km

Rank in course/Total: 11 (of 158)

Rank in course/Women: 1 (of 74)

Best time in course: 9:38

Rank in category: 1(of 38)

Best time in the category: 9:38