



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: 14.33 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