



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Dopheide, Valentina

Club: Trispeed Marienfeld

Number: 1110

Course: 21.10 km

Halbmarathon

Category:

Frauen W20

Total time: 1:34:07

Speed: 13.39 km/h

Running performance: 4:28 min/km

Rank in course/Total: 22 (of 113)

Rank in course/Women: 2 (of 23)

Best time in course: 1:30:57

Rank in category: 1(of 1)

Best time in the category: 1:34:07