



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Schlüter, Heike

Club: Bad Rothenfelde

Number: 1103

Course: 21.10 km

Halbmarathon

Category:

Frauen W35

Total time: 1:34:54

Speed: 13.28 km/h

Running performance: 4:30 min/km

Rank in course/Total: 24 (of 113)

Rank in course/Women: 3 (of 23)

Best time in course: 1:30:57

Rank in category: 1(of 4)

Best time in the category: 1:34:54