



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Esselmann, Jela

Club: LiVe-Lauftreff in Versmold

Number: 1069

Course: 21.10 km

Halbmarathon

Category:

Frauen W30

Total time: 1:35:20

Speed: 13.22 km/h

Running performance: 4:31 min/km

Rank in course/Total: 27 (of 113)

Rank in course/Women: 4 (of 23)

Best time in course: 1:30:57

Rank in category: 1(of 6)

Best time in the category: 1:35:20