



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

#### Grambach, Adelheid-Fiffi

Club: LC Solbad Ravensberg

Number: 1098

Course: 21.10 km

Halbmarathon

Category:

Frauen W45

Total time: 1:35:32

Speed: 13.19 km/h

Running performance: 4:32 min/km

Rank in course/Total: 28 (of 113)

Rank in course/Women: 5 (of 23)

Best time in course: 1:30:57

Rank in category: 2(of 5)

Best time in the category: 1:30:57