



31. Warendorfer Emssee-Lauf
Warendorf / 04.09.2010

Detailed evaluation

Nachtwey, Claudia

Club: TV Werne 03

Number: 1107

Course: 21.10 km

Halbmarathon

Category:

Frauen W40

Total time: 1:35:53

Speed: 13.14 km/h

Running performance: 4:32 min/km

Rank in course/Total: 29 (of 113)

Rank in course/Women: 6 (of 23)

Best time in course: 1:30:57

Rank in category: 1(of 3)

Best time in the category: 1:35:53