



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Kirschner, Eva-Maria

Club: VfL Ahaus

Number: 1007

Course: 21.10 km

Halbmarathon

Category:

Frauen W30

Total time: 1:53:07

Speed: 11.14 km/h

Running performance: 5:22 min/km

Rank in course/Total: 67 (of 113)

Rank in course/Women: 14 (of 23)

Best time in course: 1:30:57

Rank in category: 6(of 6)

Best time in the category: 1:35:20