



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Friederici, Christa

Club: SG Sendenhorst

Number: 1090

Course: 21.10 km

Halbmarathon

Category:

Frauen W50

Total time: 2:04:45

Speed: 10.10 km/h

Running performance: 5:55 min/km

Rank in course/Total: 86 (of 113)

Rank in course/Women: 15 (of 23)

Best time in course: 1:30:57

Rank in category: 2(of 4)

Best time in the category: 1:35:59