



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Wirth, Sandra**

Club: Warendorf

Number: 1048

Course: 21.10 km

Halbmarathon

Category:

Frauen W40

Total time: 2:12:14

Speed: 9.53 km/h

Running performance: 6:16 min/km

Rank in course/Total: 92 (of 113)

Rank in course/Women: 17 (of 23)

Best time in course: 1:30:57

Rank in category: 3(of 3)

Best time in the category: 1:35:53