



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Westhoff, Hildegard

Club: Warendorf

Number: 1068

Course: 21.10 km

Halbmarathon

Category:

Frauen W50

Total time: 2:26:10

Speed: 8.62 km/h

Running performance: 6:56 min/km

Rank in course/Total: 106 (of 113)

Rank in course/Women: 21 (of 23)

Best time in course: 1:30:57

Rank in category: 4(of 4)

Best time in the category: 1:35:59