



# 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

## Detailed evaluation

**Kriefft, Ursula**

Club: WSU

Number: 1067

Course: 21.10 km

Halbmarathon

Category:

Frauen W45

Total time: 2:26:10

Speed: 8.62 km/h

Running performance: 6:56 min/km

Rank in course/Total: 107 (of 113)

Rank in course/Women: 22 (of 23)

Best time in course: 1:30:57

Rank in category: 4(of 5)

Best time in the category: 1:30:57