



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Raude, Gertrud

Club: Eschborn

Number: 1052

Course: 21.10 km

Halbmarathon

Category:

Frauen W45

Total time: 2:43:43

Speed: 7.70 km/h

Running performance: 7:46 min/km

Rank in course/Total: 110 (of 113)

Rank in course/Women: 23 (of 23)

Best time in course: 1:30:57

Rank in category: 5(of 5)

Best time in the category: 1:30:57