



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Lison, Anika

Club: LG Ems Warendorf  
Number: 236

Course: 2.30 km  
Schülerlauf

Category:  
weibliche Schüler C

Total time: 10:42

Speed: 11.21 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 39 (of 158)

Rank in course/Women: 8 (of 74)

Best time in course: 9:38

Rank in category: 1(of 20)

Best time in the category: 10:42