



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

**Polomka, Nele**

Club: LG Ems Warendorf

Number: 238

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler C

Total time: 10:47

Speed: 11.13 km/h

Running performance: 4:41 min/km

Rank in course/Total: 43 (of 158)

Rank in course/Women: 9 (of 74)

Best time in course: 9:38

Rank in category: 2(of 20)

Best time in the category: 10:42