



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Cordes, Frauke

Club: WSU Schwimmen

Number: 300

Course: 2.30 km

Schülerlauf

Category:

weibliche Schüler C

Total time: 11:04

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 50 (of 158)

Rank in course/Women: 14 (of 74)

Best time in course: 9:38

Rank in category: 4(of 20)

Best time in the category: 10:42