



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

**Adler, Jana**

Club: Overbergschule  
Number: 176

Course: 2.30 km  
Schülerlauf

Category:  
weibliche Schüler D

Total time: 17:35

Speed: 6.82 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 214 (of 232)

Rank in course/Women: 99 (of 109)

Best time in course: 9:48

Rank in category: 64(of 73)

Best time in the category: 10:02