



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Polomka, Nele

Club: LG Ems - VfL Sassenberg
Number: 117

Course: 2.30 km
Schülerlauf

Category:
weibliche Schüler D

Total time: 11:17

Speed: 10.64 km/h
Running performance: 4:55 min/km

Rank in course/Total: 57 (of 232)

Rank in course/Women: 15 (of 109)

Best time in course: 9:48

Rank in category: 7(of 73)

Best time in the category: 10:02