



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

**Kanjo, Sahra**

Club: Overbergschule  
Number: 198

Course: 2.30 km  
Schülerlauf

Category:  
weibliche Schüler D

Total time: 19:58

Speed: 6.01 km/h  
Running performance: 8:41 min/km

Rank in course/Total: 229 (of 232)  
Rank in course/Women: 109 (of 109)

Best time in course: 9:48

Rank in category: 73(of 73)  
Best time in the category: 10:02