



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Frielingsdorf, Leon

Club: Josefschule Warendorf  
Number: 309

Course: 2.30 km  
Schülerlauf

Category:  
männliche Schüler D

Total time: 9:54

Speed: 12.12 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 15 (of 232)

Rank in course/Men: 14 (of 123)

Best time in course: 8:27

Rank in category: 2(of 74)

Best time in the category: 9:50