



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Niemerg, Lars

Club: Josefschule Warendorf
Number: 294

Course: 2.30 km
Schülerlauf

Category:
männliche Schüler D

Total time: 10:33

Speed: 11.37 km/h
Running performance: 4:35 min/km

Rank in course/Total: 38 (of 232)

Rank in course/Men: 30 (of 123)

Best time in course: 8:27

Rank in category: 9(of 74)

Best time in the category: 9:50