



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Uphoff, Alexander

Club: LG-Ems Warendorf  
Number: 123

Course: 2.30 km  
Schülerlauf

Category:  
männliche Schüler D

Total time: 11:19

Speed: 10.60 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 59 (of 232)

Rank in course/Men: 43 (of 123)

Best time in course: 8:27

Rank in category: 21(of 74)

Best time in the category: 9:50