



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Höft, Jacob

Club: LG Ems - VfL Sassenberg  
Number: 114

Course: 2.30 km  
Schülerlauf

Category:  
männliche Schüler D

Total time: 11:54

Speed: 10.08 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 75 (of 232)

Rank in course/Men: 51 (of 123)

Best time in course: 8:27

Rank in category: 26(of 74)

Best time in the category: 9:50