



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Unland, Lars

Club: Josefschule Warendorf
Number: 325

Course: 2.30 km
Schülerlauf

Category:
männliche Schüler D

Total time: 12:14

Speed: 9.81 km/h
Running performance: 5:19 min/km

Rank in course/Total: 92 (of 232)

Rank in course/Men: 64 (of 123)

Best time in course: 8:27

Rank in category: 33(of 74)

Best time in the category: 9:50