



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Berheide, Jonas

Club: Overbergschule

Number: 138

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler D

Total time: 14:40

Speed: 8.18 km/h

Running performance: 6:23 min/km

Rank in course/Total: 168 (of 232)

Rank in course/Men: 100 (of 123)

Best time in course: 8:27

Rank in category: 55(of 74)

Best time in the category: 9:50