



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Nkongo, Margarethe

Club: Josefschule Warendorf
Number: 312

Course: 2.30 km
Schülerlauf

Category:
weibliche Schüler C

Total time: 11:18

Speed: 10.62 km/h
Running performance: 4:55 min/km

Rank in course/Total: 58 (of 232)

Rank in course/Women: 16 (of 109)

Best time in course: 9:48

Rank in category: 4(of 23)

Best time in the category: 9:48