



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Holstermann, Nils

Club: WSU Schwimmen
Number: 260

Course: 2.30 km
Schülerlauf

Category:
männliche Schüler C

Total time: 9:30

Speed: 12.63 km/h
Running performance: 4:08 min/km

Rank in course/Total: 7 (of 232)

Rank in course/Men: 7 (of 123)

Best time in course: 8:27

Rank in category: 4(of 27)

Best time in the category: 9:16