



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Menkhoff, Lorenz

Club: Bodelschwingschule
Number: 345

Course: 2.30 km
Schülerlauf

Category:
männliche Schüler C

Total time: 11:19

Speed: 10.60 km/h
Running performance: 4:55 min/km

Rank in course/Total: 60 (of 232)

Rank in course/Men: 44 (of 123)

Best time in course: 8:27

Rank in category: 9(of 27)

Best time in the category: 9:16