



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Nordbeck, Stephan

Club: WSU

Number: 337

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler C

Total time: 12:55

Speed: 9.29 km/h

Running performance: 5:37 min/km

Rank in course/Total: 116 (of 232)

Rank in course/Men: 78 (of 123)

Best time in course: 8:27

Rank in category: 21(of 27)

Best time in the category: 9:16