



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Rudolph, Frederic

Club: VGS städt. Realschule WAF
Number: 234

Course: 2.30 km
Schülerlauf

Category:
männliche Schüler C

Total time: 15:10

Speed: 7.91 km/h
Running performance: 6:35 min/km

Rank in course/Total: 183 (of 232)

Rank in course/Men: 102 (of 123)

Best time in course: 8:27

Rank in category: 26(of 27)

Best time in the category: 9:16