



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Rama, Armend

Club: Heinrich Tellen Schule
Number: 107

Course: 2.30 km
Schülerlauf

Category:
männliche Schüler B

Total time: 11:43

Speed: 10.24 km/h
Running performance: 5:05 min/km

Rank in course/Total: 71 (of 232)

Rank in course/Men: 49 (of 123)

Best time in course: 8:27

Rank in category: 7(of 11)

Best time in the category: 9:20