



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Menke, Rebecca

Club: LG Ems - VfL Sassenberg  
Number: 115

Course: 2.30 km  
Schülerlauf

Category:  
weibliche Schüler A

Total time: 10:22

Speed: 11.58 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 31 (of 232)

Rank in course/Women: 6 (of 109)

Best time in course: 9:48

Rank in category: 2(of 7)

Best time in the category: 9:56