



29. Emssee Volkslauf
Warendorf / 06.09.2008

Detailed evaluation

Emmerich, Lars

Club: Beelen
Number: 100

Course: 2.30 km
Schülerlauf

Category:
männliche Schüler A

Total time: 11:58

Speed: 10.03 km/h
Running performance: 5:12 min/km

Rank in course/Total: 79 (of 232)

Rank in course/Men: 55 (of 123)

Best time in course: 8:27

Rank in category: 10(of 11)

Best time in the category: 8:27