



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Cordes, Frauke

Club: Overbergschule  
Number: 186

Course: 2.30 km  
Schülerlauf

Category:  
weibliche Schüler D

Total time: 10:53

Speed: 11.03 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 45 (of 232)

Rank in course/Women: 11 (of 109)

Best time in course: 9:48

Rank in category: 3(of 73)

Best time in the category: 10:02