



29. Emssee Volkslauf  
Warendorf / 06.09.2008

Detailed evaluation

Kahlert, Lydia

Club: Overbergschule  
Number: 197

Course: 2.30 km  
Schülerlauf

Category:  
weibliche Schüler D

Total time: 14:36

Speed: 8.22 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 166 (of 232)

Rank in course/Women: 67 (of 109)

Best time in course: 9:48

Rank in category: 38(of 73)

Best time in the category: 10:02