



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Lison, Adrian

Club: LG Ems Warendorf

Number: 285

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler B

Total time: 9:40

Speed: 12.41 km/h

Running performance: 4:12 min/km

Rank in course/Total: 9 (of 283)

Rank in course/Men: 8 (of 137)

Best time in course: 8:43

Rank in category: 3(of 25)

Best time in the category: 9:14