



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Lange, Andre

Club: LG Ems Warendorf

Number: 280

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler A

Total time: 11:23

Speed: 10.54 km/h

Running performance: 4:57 min/km

Rank in course/Total: 58 (of 283)

Rank in course/Men: 42 (of 137)

Best time in course: 8:43

Rank in category: 9(of 19)

Best time in the category: 8:43