



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Pomberg, Jan

Club: LG Ems Warendorf

Number: 900

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler B

Total time: 9:55

Speed: 12.10 km/h

Running performance: 4:19 min/km

Rank in course/Total: 12 (of 283)

Rank in course/Men: 10 (of 137)

Best time in course: 8:43

Rank in category: 4(of 25)

Best time in the category: 9:14