



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Manegold, Julian

Club: LG Ems Warendorf  
Number: 237

Course: 2.30 km  
Schülerlauf

Category:  
männliche Schüler D

Total time: 10:23

Speed: 11.56 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 25 (of 158)

Rank in course/Men: 21 (of 84)

Best time in course: 8:31

Rank in category: 10(of 42)

Best time in the category: 8:31