



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Lackamp, Steffen

Club: LG Ems Warendorf

Number: 317

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler B

Total time: 9:41

Speed: 14.25 km/h

Running performance: 4:13 min/km

Rank in course/Total: 12 (of 158)

Rank in course/Men: 11 (of 84)

Best time in course: 8:31

Rank in category: 3(of 14)

Best time in the category: 9:20