



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: 12.39 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