



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Hakenes, Jan

Club: Warendorf  
Number: 368

Course: 2.30 km  
Schülerlauf

Category:  
männliche Schüler B

Total time: 10:23

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

Rank in course/Total: 26 (of 158)

Rank in course/Men: 22 (of 84)

Best time in course: 8:31

Rank in category: 5(of 14)

Best time in the category: 9:20