



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Heßling, Matthias

Club: WSU

Number: 327

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler B

Total time: 11:49

Speed: 10.16 km/h

Running performance: 5:08 min/km

Rank in course/Total: 72 (of 158)

Rank in course/Men: 49 (of 84)

Best time in course: 8:31

Rank in category: 8(of 14)

Best time in the category: 9:20