



31. Warendorfer Emssee-Lauf  
Warendorf / 04.09.2010

Detailed evaluation

Uphoff, Alexander

Club: LG Ems Warendorf  
Number: 360

Course: 2.30 km  
Schülerlauf

Category:  
männliche Schüler C

Total time: 10:41

Speed: 12.92 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 37 (of 158)

Rank in course/Men: 30 (of 84)

Best time in course: 8:31

Rank in category: 11(of 23)

Best time in the category: 9:10