



## 31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

### Detailed evaluation

Höft, Jacob

Club: LG Ems Warendorf

Number: 233

Course: 2.30 km

Schülerlauf

Category:

männliche Schüler C

Total time: 10:55

Speed: 10.99 km/h

Running performance: 4:45 min/km

Rank in course/Total: 48 (of 158)

Rank in course/Men: 36 (of 84)

Best time in course: 8:31

Rank in category: 14(of 23)

Best time in the category: 9:10