



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

Friede, Oliver

Club: Marathon Soest  
Number: 1174

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 1:20:22

Speed: 15.68 km/h  
Running performance: 3:49 min/km

Rank in course/Total: 4 (of 142)

Rank in course/Men: 4 (of 107)

Best time in course: 1:18:01

Rank in category: 2(of 13)

Best time in the category: 1:18:35