



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Freitag, Thomas**

Club: Lauffreunde Boenen  
Number: 1238

Course: 21.10 km  
Halbmarathon

Category:  
Männer M20

Total time: 1:45:34

Speed: 11.94 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 69 (of 142)

Rank in course/Men: 64 (of 107)

Best time in course: 1:18:01

Rank in category: 4(of 6)

Best time in the category: 1:27:48