



29. Emssee Volkslauf  
Warendorf / 06.09.2008

## Detailed evaluation

**Freitag, Dieter**

Club: Lauffreunde Boenen  
Number: 1234

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 2:15:04

Speed: 9.33 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 127 (of 142)

Rank in course/Men: 102 (of 107)

Best time in course: 1:18:01

Rank in category: 5(of 5)

Best time in the category: 1:42:44