



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Siemon, Thomas

Club: Creuzburg
Number: 62

Course: 19.50 km
15 km Lauf

Category:
Männer M40

Total time: 1:20:48

Speed: 14.11 km/h
Running performance: 4:08 min/km

Rank in course/Total: 24 (of 105)

Rank in course/Men: 22 (of 87)

Best time in course: 1:00:19

Rank in category: 4(of 12)

Best time in the category: 1:14:44