



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

**Siemon, Thomas**

Club: Creuzburg  
Number: 75

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M45

Total time: 1:02:43

Speed: 13.39 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 12 (of 73)

Rank in course/Men: 12 (of 59)

Best time in course: 53:22

Rank in category: 1(of 11)

Best time in the category: 1:02:43