



## 16. Hainichlauf und 3. Wildkatzenlauf Mihla

Mihla / 08.08.2010

### Detailed evaluation

**Siemon, Thomas**

Club: Creuzburg

Number: 302

Course: 13.00 km

Mittelstrecke

Category:

Männer M45

Total time: 58:28

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 16 (of 112)

Rank in course/Men: 15 (of 86)

Best time in course: 49:36

Rank in category: 1(of 15)

Best time in the category: 58:28