



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

**Siemon, Thomas**

Club: Creuzburg  
Number: 2353

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M45

Total time: 46:01

Speed: 13.04 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 42 (of 163)

Rank in course/Men: 42 (of 136)

Best time in course: 35:03

Rank in category: 5(of 25)

Best time in the category: 41:50