



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Siemon, Thomas

Club: Creuzburg

Number: 348

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 45:29

Speed: 13.19 km/h

Running performance: 4:20 min/km

Rank in course/Total: 13 (of 117)

Rank in course/Men: 12 (of 89)

Best time in course: 38:50

Rank in category: 3(of 24)

Best time in the category: 45:00