



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Siemon, Thomas

Club: Creuzburg
Number: 3174

Course: 10.60 km
Geländelauf lang

Category:
Männer M45

Total time: 45:45

Speed: 13.90 km/h
Running performance: 4:19 min/km

Rank in course/Total: 41 (of 199)

Rank in course/Men: 40 (of 160)

Best time in course: 35:07

Rank in category: 7(of 36)

Best time in the category: 39:43