



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

Siemon, Thomas

Club: SV Blau Weiß 90 Creuzburg  
Number: 340

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:02

Speed: 14.66 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 15 (of 81)

Rank in course/Men: 15 (of 68)

Best time in course: 37:22

Rank in category: 2(of 12)

Best time in the category: 44:18