



Winterlaufserie 2012, 3. Lauf  
Creuzburg / 25.03.2012

Detailed evaluation

**Siemon, Thomas**

Club: Creuzburg  
Number: 527

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:04

Speed: 14.33 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 16 (of 68)

Rank in course/Men: 16 (of 54)

Best time in course: 36:48

Rank in category: 1(of 8)

Best time in the category: 46:04