



Fröbellauf 230
Bad Liebenstein / 21.04.2012

Detailed evaluation

Siemon, Thomas

Club: SV Blau Weiss Creuzburg
Number: 238

Course: 15.80 km
Lauf lang

Category:
Senioren M45

Total time: 1:13:00

Speed: 12.33 km/h
Running performance: 4:37 min/km

Rank in course/Total: 5 (of 16)

Rank in course/Men: 5 (of 15)

Best time in course: 1:01:48

Rank in category: 2(of 4)

Best time in the category: 1:12:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	7.90	36:24	4:36	2	0:34	6	4:40	7.90	36:24	4:36	2	0:34	5	4:40
Runde	7.90	36:36	4:37	2	0:07	5	6:32	15.80	1:13:00	4:37	2	0:41	5	11:12