



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

**Siemon, Thomas**

Club: Creuzburg  
Number: 275

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 56:15

Speed: 13.87 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 8 (of 102)

Rank in course/Men: 8 (of 82)

Best time in course: 45:06

Rank in category: 2(of 19)

Best time in the category: 53:02