



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

**Siemon, Thomas**

Club: Blau-Weis Kreuzburg

Number: 475

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M45

Total time: 47:34

Speed: 12.61 km/h

Running performance: 4:32 min/km

Rank in course/Total: 17 (of 119)

Rank in course/Men: 17 (of 90)

Best time in course: 37:01

Rank in category: 4(of 15)

Best time in the category: 43:20