



9. Trefffurter Stadtlauf
Treffurt / 15.09.2012

Detailed evaluation

Siemon, Thomas

Club: Blau-Weiss Kreuzburg
Number: 3226

Course: 10.60 km
Geländelauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:58

Speed: 13.96 km/h
Running performance: 4:03 min/km

Rank in course/Total: 27 (of 190)

Rank in course/Men: 26 (of 151)

Best time in course: 34:15

Rank in category: 3(of 23)

Best time in the category: 41:33