



Winterlaufserie des ELV 2013  
Creuzburg / 27.01.2013

Detailed evaluation

Siemon, Thomas

Club: SV Blau Weiß 90 Creuzburg  
Number: 612

Course: 11.30 km  
1. Lauf Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 47:26

Speed: 14.29 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 16 (of 67)

Rank in course/Men: 16 (of 49)

Best time in course: 42:51

Rank in category: 3(of 10)

Best time in the category: 42:51