



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

**Siemon, Thomas**

Club: Creuzburg  
Number: 716

Course: 11.30 km  
2. Lauf Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:16

Speed: 14.58 km/h  
Running performance: 4:01 min/km

Rank in course/Total: 12 (of 80)

Rank in course/Men: 12 (of 64)

Best time in course: 41:21

Rank in category: 3(of 12)

Best time in the category: 43:42