



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Siemon, Thomas

Club: Creuzburg  
Number: 821

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:08

Speed: 14.31 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 10 (of 57)

Rank in course/Men: 10 (of 43)

Best time in course: 36:59

Rank in category: 2(of 8)

Best time in the category: 41:39