



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Siemon, Thomas

Club: SV Blau-Weiss 90 Creuzburg

Number: 4150

Course: 10.22 km

Geländelauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:29

Speed: 13.49 km/h

Running performance: 4:21 min/km

Rank in course/Total: 28 (of 157)

Rank in course/Men: 26 (of 122)

Best time in course: 35:15

Rank in category: 2(of 19)

Best time in the category: 44:07