



4. Winterlaufserie 2014, Lauf 1  
Creuzburg / 26.01.2014

Detailed evaluation

**Siemon, Thomas**

Club: SV Blau Weiss Creuzburg  
Number: 969

Course: 11.30 km  
Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 48:19

Speed: 13.66 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 9 (of 79)

Rank in course/Men: 9 (of 62)

Best time in course: 43:14

Rank in category: 1(of 10)

Best time in the category: 48:19