



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Siemon, Thomas

Club: SV Blau Weiß 90 Creuzburg  
Number: 117

Course: 11.30 km  
Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 44:07

Speed: 14.96 km/h  
Running performance: 3:54 min/km

Rank in course/Total: 8 (of 62)

Rank in course/Men: 8 (of 54)

Best time in course: 40:41

Rank in category: 1(of 9)

Best time in the category: 44:07