



21. Hainich-Lauf
Mihla / 01.05.2015

Detailed evaluation

Siemon, Thomas

Club: Creuzburg
Number: 242

Course: 13.00 km
Mittelstrecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 55:10

Speed: 14.14 km/h
Running performance: 4:14 min/km

Rank in course/Total: 4 (of 58)

Rank in course/Men: 3 (of 45)

Best time in course: 49:21

Rank in category: 1(of 7)

Best time in the category: 55:10