



Winterlaufserie 2015 / 3.Lauf
Creuzburg / 29.03.2015

Detailed evaluation

Siemon, Thomas

Club: SV Blau-Weiß Creuzburg
Number: 333

Course: 11.30 km
Langdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 45:17

Speed: 14.57 km/h
Running performance: 4:01 min/km

Rank in course/Total: 17 (of 98)

Rank in course/Men: 9 (of 82)

Best time in course: 39:49

Rank in category: 1(of 16)

Best time in the category: 45:17