



3.Lauf - Winterlaufserie 2016 des Eisenacher LV  
Creuzburg / 20.03.2016

Detailed evaluation

**Siemon, Thomas**

Club: Blau-Weiss 90 Creuzburg  
Number: 532

Course: 11.30 km  
Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 45:07

Speed: 14.63 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 7 (of 54)

Rank in course/Men: 7 (of 40)

Best time in course: 41:21

Rank in category: 1(of 3)

Best time in the category: 45:07