



25. Hainich-Lauf
Mihla / 01.05.2019

Detailed evaluation

Siemon, Thomas

Club: SV Blau-Weiß 90 Kreuzburg
Number: 293

Course: 13.00 km
Mittelstrecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:01:57

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 12 (of 100)

Rank in course/Men: 11 (of 74)

Best time in course: 50:58

Rank in category: 1(of 8)

Best time in the category: 1:01:57