



Südeichsfeldlauf
Diedorf / 25.06.2022

Detailed evaluation

Thomas Siemon

Number: 362

Course: 11.00 km

Hauptlauf I

Category:

Senioren M55 (55-59) D

Total time: 51:35

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 14 (of 46)

Rank in course/Men: 14 (of 40)

Best time in course: 42:52

Rank in category: 1(of 4)

Best time in the category: 51:35