



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

Hempel, Adrian

Club: Hermsdorf  
Number: 125

Course: 6.60 km  
Kurzstrecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 37:44

Speed: 9.54 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 18 (of 58)

Rank in course/Men: 14 (of 29)

Best time in course: 26:09

Rank in category: 2(of 3)

Best time in the category: 33:22