



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Hempel, Stephan

Club: HALFEN HIT Runners  
Number: 103

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 48:32

Speed: 14.84 km/h  
Running performance: 3:53 min/km

Rank in course/Total: 9 (of 211)

Rank in course/Men: 9 (of 156)

Best time in course: 41:01

Rank in category: 1(of 15)

Best time in the category: 48:32