



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

Hempel, Ernst

Club: Saalfelder LV  
Number: 961

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:11:51

Speed: 9.19 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 23 (of 28)

Rank in course/Men: 16 (of 19)

Best time in course: 48:25

Rank in category: 1(of 2)

Best time in the category: 1:11:51