



## 26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

### Detailed evaluation

**Lämmerhirt, Dennis**

Club: 1. Eichsfelder Sportclub e.V.

Number: 418

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:57:57

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 18 (of 35)

Rank in course/Men: 17 (of 28)

Best time in course: 1:19:51

Rank in category: 5(of 8)

Best time in the category: 1:40:50