



## 4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

### Detailed evaluation

**Hensel, Stephan**

Club: The Running Litos

Number: 185

Course: 21.50 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:36:15

Speed: 13.09 km/h

Running performance: 4:29 min/km

Rank in course/Total: 11 (of 53)

Rank in course/Men: 11 (of 35)

Best time in course: 1:21:26

Rank in category: 3(of 6)

Best time in the category: 1:27:45