



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

Hempel, Peter

Club: Titans of MKD  
Number: 217

Course: 4.42 km  
5 km Jedermannslauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 23:07

Speed: 10.38 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 1 (of 9)

Rank in course/Men: 1 (of 6)

Best time in course: 23:07

Rank in category: 1(of 4)

Best time in the category: 23:07