



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Zobirei, Jörg

Club: SWV Goldlauter

Number: 460

Course: 9.30 km

9 km-Lauf

Category:

Senioren M45 (45-49)

Total time: 45:44

Speed: 11.81 km/h

Running performance: 4:55 min/km

Rank in course/Total: 4 (of 45)

Rank in course/Men: 4 (of 27)

Best time in course: 39:10

Rank in category: 1(of 2)

Best time in the category: 45:44