



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Heinemann, Frances

Club: Luisenthal

Number: 213

Course: 9.30 km

9 km-Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 52:46

Speed: 10.23 km/h

Running performance: 5:40 min/km

Rank in course/Total: 13 (of 45)

Rank in course/Women: 3 (of 18)

Best time in course: 49:05

Rank in category: 1(of 5)

Best time in the category: 52:46