



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Heinricht, Mario

Club: Ostäuser SV

Number: 214

Course: 9.30 km

9 km-Lauf

Category:

Senioren M50 (50-54)

Total time: 1:00:28

Speed: 8.93 km/h

Running performance: 6:30 min/km

Rank in course/Total: 26 (of 45)

Rank in course/Men: 19 (of 27)

Best time in course: 39:10

Rank in category: 1(of 1)

Best time in the category: 1:00:28