



## 32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

### Detailed evaluation

**Ludwig, Steffi**

Club: Ohrdruf OT Crawinkel

Number: 225

Course: 9.30 km

9 km-Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:04:05

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 33 (of 45)

Rank in course/Women: 10 (of 18)

Best time in course: 49:05

Rank in category: 4(of 5)

Best time in the category: 55:15