



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Herrmann, Heidi

Club: Schloßvippach

Number: 215

Course: 9.30 km

9 km-Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 1:10:27

Speed: 7.67 km/h

Running performance: 7:35 min/km

Rank in course/Total: 40 (of 45)

Rank in course/Women: 15 (of 18)

Best time in course: 49:05

Rank in category: 4(of 5)

Best time in the category: 52:46