



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Wenzel, Ralf

Club: Thüringer Forstsportverein

Number: 148

Course: 16.00 km

16 km-Lauf

Category:

Senioren M50 (50-54)

Total time: 1:16:39

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 12 (of 154)

Rank in course/Men: 12 (of 92)

Best time in course: 59:39

Rank in category: 1(of 8)

Best time in the category: 1:16:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit	8.00	38:29	4:48	1	-	12	8:28	8.00	38:29	4:48	1	-	12	8:28
Parkplatz an der	8.00	38:10	4:46	1	-	17	8:32	16.00	1:16:39	4:47	1	-	12	17:00