



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Heinze, Steffen

Club: Gothaer Bierfassheberverein e.V.

Number: 550

Course: 16.00 km

16 km-Lauf

Category:

Senioren M35 (35-39)

Total time: 1:17:40

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 17 (of 154)

Rank in course/Men: 16 (of 92)

Best time in course: 59:39

Rank in category: 4(of 15)

Best time in the category: 1:03:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit	8.00	39:55	4:59	5	8:39	16	9:54	8.00	39:55	4:59	5	8:39	16	9:54
Parkplatz an der	8.00	37:45	4:43	3	5:45	15	8:07	16.00	1:17:40	4:51	4	14:24	16	18:01