



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Friedrich, Marcel

Club: Ohrdruf

Number: 32

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:18:23

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 18 (of 154)

Rank in course/Men: 17 (of 92)

Best time in course: 59:39

Rank in category: 4(of 23)

Best time in the category: 1:06:49

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	40:34	5:04	4	6:49	21	10:33	8.00	40:34	5:04	4	6:49	21	10:33
Parkplatz an der	8.00	37:49	4:43	4	4:45	16	8:11	16.00	1:18:23	4:53	4	11:34	17	18:44