



# 32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

## Detailed evaluation

**Ohlhorst, Frank**

Club: Erdinger Active Team

Number: 80

Course: 16.00 km

16 km-Lauf

Category:

Senioren M60 (60-64)

Total time: 1:18:41

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 19 (of 154)

Rank in course/Men: 18 (of 92)

Best time in course: 59:39

Rank in category: 1(of 5)

Best time in the category: 1:18:41

### 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	39:53	4:59	1	-	15	9:52	8.00	39:53	4:59	1	-	15	9:52
Parkplatz an der	8.00	38:48	4:50	1	-	19	9:10	16.00	1:18:41	4:55	1	-	18	19:02