



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Spieker, Diana

Club: SV Rhön-Rennsteig-Sparkasse

Number: 122

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W50 (50-54)

Total time: 1:18:53

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 21 (of 154)

Rank in course/Women: 2 (of 62)

Best time in course: 1:17:24

Rank in category: 1(of 3)

Best time in the category: 1:18:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	8.00	40:11	5:01	1	-	1	-	8.00	40:11	5:01	1	-	1	-
Parkplatz an der	8.00	38:42	4:50	1	-	3	1:50	16.00	1:18:53	4:55	1	-	2	1:29