



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Fasold, Thomas

Club: Rensteiglaufverein

Number: 28

Course: 16.00 km

16 km-Lauf

Category:

Senioren M45 (45-49)

Total time: 1:20:35

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 26 (of 154)

Rank in course/Men: 23 (of 92)

Best time in course: 59:39

Rank in category: 1(of 15)

Best time in the category: 1:20:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Zwischenzeit	8.00	40:52	5:06	1	-	24	10:51	8.00	40:52	5:06	1	-	24	10:51
Parkplatz an der	8.00	39:43	4:57	1	-	24	10:05	16.00	1:20:35	5:02	1	-	23	20:56