



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Schuldt, Sebastian

Club: Ohrdruf Runner's

Number: 108

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:21:31

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 28 (of 154)

Rank in course/Men: 25 (of 92)

Best time in course: 59:39

Rank in category: 5(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	40:37	5:04	5	6:52	23	10:36	8.00	40:37	5:04	5	6:52	23	10:36
Parkplatz an der	8.00	40:54	5:06	5	7:50	26	11:16	16.00	1:21:31	5:05	5	14:42	25	21:52