



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Schulz, Marco

Club: Sömmerda

Number: 110

Course: 16.00 km

16 km-Lauf

Category:

Senioren M45 (45-49)

Total time: 1:23:41

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 34 (of 154)

Rank in course/Men: 29 (of 92)

Best time in course: 59:39

Rank in category: 3(of 15)

Best time in the category: 1:20:35

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	42:35	5:19	4	1:43	33	12:34	8.00	42:35	5:19	4	1:43	33	12:34
Parkplatz an der	8.00	41:06	5:08	2	1:23	27	11:28	16.00	1:23:41	5:13	3	3:06	29	24:02