



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 |