



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Titze, Jörg

Club: Suhl

Number: 135

Course: 16.00 km

16 km-Lauf

Category:

Senioren M45 (45-49)

Total time: 1:24:05

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 37 (of 154)

Rank in course/Men: 31 (of 92)

Best time in course: 59:39

Rank in category: 5(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	42:53	5:21	5	2:01	36	12:52	8.00	42:53	5:21	5	2:01	36	12:52
Parkplatz an der	8.00	41:12	5:09	3	1:29	28	11:34	16.00	1:24:05	5:15	5	3:30	31	24:26