



# 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 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	42:53	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