



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Goßrau, Tobias

Club: Thüringer Fernwasserversorgung

Number: 35

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:24:29

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 38 (of 154)

Rank in course/Men: 32 (of 92)

Best time in course: 59:39

Rank in category: 6(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	42:46	5:20	8	9:01	34	12:45	8.00	42:46	5:20	8	9:01	34	12:45
Parkplatz an der	8.00	41:43	5:12	6	8:39	31	12:05	16.00	1:24:29	5:16	6	17:40	32	24:50