



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |