



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Amling, Stefan

Club: Ohrdruf OT Gräfenhain

Number: 1

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:24:52

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 39 (of 154)

Rank in course/Men: 33 (of 92)

Best time in course: 59:39

Rank in category: 7(of 23)

Best time in the category: 1:06:49

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	42:19	5:17	6	8:34	30	12:18	8.00	42:19	5:17	6	8:34	30	12:18
Parkplatz an der	8.00	42:33	5:19	8	9:29	38	12:55	16.00	1:24:52	5:18	7	18:03	33	25:13