



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Herber, Marco

Club: Adventurepark-thueringen

Number: 45

Course: 16.00 km

16 km-Lauf

Category:

Senioren M45 (45-49)

Total time: 1:25:12

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 41 (of 154)

Rank in course/Men: 35 (of 92)

Best time in course: 59:39

Rank in category: 6(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	43:10	5:23	6	2:18	38	13:09	8.00	43:10	5:23	6	2:18	38	13:09
Parkplatz an der	8.00	42:02	5:15	7	2:19	36	12:24	16.00	1:25:12	5:19	6	4:37	35	25:33