



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Rassbach, Knut

Club: Kleinschmalkalder Läufer

Number: 89

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:25:35

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 44 (of 154)

Rank in course/Men: 38 (of 92)

Best time in course: 59:39

Rank in category: 8(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	42:32	5:18	7	8:47	31	12:31	8.00	42:32	5:18	7	8:47	31	12:31
Parkplatz an der	8.00	43:03	5:22	9	9:59	41	13:25	16.00	1:25:35	5:20	8	18:46	38	25:56