



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Gerlof, Kim Mercedes

Club: Rennsteiglauf Verein

Number: 422

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W30 (30-34)

Total time: 1:25:50

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 45 (of 154)

Rank in course/Women: 7 (of 62)

Best time in course: 1:17:24

Rank in category: 2(of 9)

Best time in the category: 1:23:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	8.00	43:08	5:23	2	1:36	6	2:57	8.00	43:08	5:23	2	1:36	6	2:57
Parkplatz an der	8.00	42:42	5:20	2	0:36	8	5:50	16.00	1:25:50	5:21	2	2:12	7	8:26