



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Langer, Anke

Club: Luisenthal

Number: 64

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 1:26:21

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 46 (of 154)

Rank in course/Women: 8 (of 62)

Best time in course: 1:17:24

Rank in category: 3(of 13)

Best time in the category: 1:22:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	8.00	43:32	5:26	3	2:36	8	3:21	8.00	43:32	5:26	3	2:36	8	3:21
Parkplatz an der	8.00	42:49	5:21	3	2:08	9	5:57	16.00	1:26:21	5:23	3	4:11	8	8:57