



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Steingräber, Frederick

Club: Luisenthaler SV

Number: 125

Course: 16.00 km

16 km-Lauf

Category:

Männer (20-29)

Total time: 1:26:51

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 47 (of 154)

Rank in course/Men: 39 (of 92)

Best time in course: 59:39

Rank in category: 6(of 13)

Best time in the category: 59:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Zwischenzeit	8.00	43:44	5:28	6	13:43	39	13:43	8.00	43:44	5:28	6	13:43	39	13:43
Parkplatz an der	8.00	43:07	5:23	8	13:29	43	13:29	16.00	1:26:51	5:25	6	27:12	39	27:12