



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Zeitsch, Christian

Club: Waltershausen

Number: 548

Course: 16.00 km

16 km-Lauf

Category:

Senioren M35 (35-39)

Total time: 1:29:18

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 57 (of 154)

Rank in course/Men: 43 (of 92)

Best time in course: 59:39

Rank in category: 12(of 15)

Best time in the category: 1:03:16

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	45:01	5:37	11	13:45	43	15:00	8.00	45:01	5:37	11	13:45	43	15:00
Parkplatz an der	8.00	44:17	5:32	11	12:17	52	14:39	16.00	1:29:18	5:34	12	26:02	43	29:39