



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Spittel, Frank Michael

Club: TRCT Racing Team

Number: 123

Course: 16.00 km

16 km-Lauf

Category:

Senioren M45 (45-49)

Total time: 1:29:25

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 59 (of 154)

Rank in course/Men: 44 (of 92)

Best time in course: 59:39

Rank in category: 7(of 15)

Best time in the category: 1:20:35

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	44:56	5:36	7	4:04	42	14:55	8.00	44:56	5:36	7	4:04	42	14:55
Parkplatz an der	8.00	44:29	5:33	11	4:46	55	14:51	16.00	1:29:25	5:35	7	8:50	44	29:46