



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Leffler, Denny

Club: Ohrdruf OT Crawinkel

Number: 67

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:30:53

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 67 (of 154)

Rank in course/Men: 53 (of 92)

Best time in course: 59:39

Rank in category: 9(of 23)

Best time in the category: 1:06:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit	8.00	46:28	5:48	10	12:43	56	16:27	8.00	46:28	5:48	10	12:43	56	16:27
Parkplatz an der	8.00	44:25	5:33	10	11:21	54	14:47	16.00	1:30:53	5:40	9	24:04	53	31:14