



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Starroske, Christian

Club: Ohrdruf

Number: 124

Course: 16.00 km

16 km-Lauf

Category:

Senioren M35 (35-39)

Total time: 1:30:59

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 68 (of 154)

Rank in course/Men: 54 (of 92)

Best time in course: 59:39

Rank in category: 13(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	45:02	5:37	12	13:46	44	15:01	8.00	45:02	5:37	12	13:46	44	15:01
Parkplatz an der	8.00	45:57	5:44	13	13:57	62	16:19	16.00	1:30:59	5:41	13	27:43	54	31:20