



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt
Number: 115

Course: 16.00 km
16 km-Lauf

Category:
Senioren M50 (50-54)

Total time: 1:31:11

Speed: 10.53 km/h
Running performance: 5:42 min/km

Rank in course/Total: 71 (of 154)

Rank in course/Men: 56 (of 92)

Best time in course: 59:39

Rank in category: 4(of 8)

Best time in the category: 1:16:39

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	46:57	5:52	4	8:28	59	16:56	8.00	46:57	5:52	4	8:28	59	16:56
Parkplatz an der	8.00	44:14	5:31	4	6:04	50	14:36	16.00	1:31:11	5:41	4	14:32	56	31:32