



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Dünkel, Daniel

Club: Tröchtelborn

Number: 23

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:31:04

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 70 (of 154)

Rank in course/Men: 55 (of 92)

Best time in course: 59:39

Rank in category: 10(of 23)

Best time in the category: 1:06:49

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Zwischenzeit	8.00	45:47	5:43	9	12:02	47	15:46	8.00	45:47	5:43	9	12:02	47	15:46
Parkplatz an der	8.00	45:17	5:39	11	12:13	60	15:39	16.00	1:31:04	5:41	10	24:15	55	31:25