



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Selig, Aileen

Club: TRCT Racing Team

Number: 118

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 1:31:49

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 73 (of 154)

Rank in course/Women: 16 (of 62)

Best time in course: 1:17:24

Rank in category: 5(of 13)

Best time in the category: 1:22:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	8.00	45:49	5:43	5	4:53	16	5:38	8.00	45:49	5:43	5	4:53	16	5:38
Parkplatz an der	8.00	46:00	5:45	5	5:19	15	9:08	16.00	1:31:49	5:44	5	9:39	16	14:25