



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Schönemann, Tobias

Club: Waltershausen

Number: 106

Course: 16.00 km

16 km-Lauf

Category:

Senioren M30 (30-34)

Total time: 1:31:51

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 74 (of 154)

Rank in course/Men: 58 (of 92)

Best time in course: 59:39

Rank in category: 5(of 6)

Best time in the category: 1:11:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Zwischenzeit	8.00	46:46	5:50	5	11:24	58	16:45	8.00	46:46	5:50	5	11:24	58	16:45
Parkplatz an der	8.00	45:05	5:38	6	9:26	59	15:27	16.00	1:31:51	5:44	5	20:50	58	32:12