



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Ludwig, Ivette

Club: Schwabhausen

Number: 70

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W45 (45-49)

Total time: 1:32:35

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 76 (of 154)

Rank in course/Women: 17 (of 62)

Best time in course: 1:17:24

Rank in category: 1(of 5)

Best time in the category: 1:32:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	8.00	44:48	5:35	1	-	11	4:37	8.00	44:48	5:35	1	-	11	4:37
Parkplatz an der	8.00	47:47	5:58	2	0:41	21	10:55	16.00	1:32:35	5:47	1	-	17	15:11