



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Trubjansky, Heiko

Club: Luisenthal

Number: 138

Course: 16.00 km

16 km-Lauf

Category:

Senioren M55 (55-59)

Total time: 1:33:00

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 80 (of 154)

Rank in course/Men: 63 (of 92)

Best time in course: 59:39

Rank in category: 1(of 3)

Best time in the category: 1:33:00

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	45:53	5:44	1	-	50	15:52	8.00	45:53	5:44	1	-	50	15:52
Parkplatz an der	8.00	47:07	5:53	2	0:33	69	17:29	16.00	1:33:00	5:48	1	-	63	33:21