



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Nitschke, Mario

Club: Böllibande

Number: 78

Course: 16.00 km

16 km-Lauf

Category:

Senioren M50 (50-54)

Total time: 1:32:50

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 79 (of 154)

Rank in course/Men: 62 (of 92)

Best time in course: 59:39

Rank in category: 5(of 8)

Best time in the category: 1:16:39

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	49:42	6:12	6	11:13	78	19:41	8.00	49:42	6:12	6	11:13	78	19:41
Parkplatz an der	8.00	43:08	5:23	3	4:58	44	13:30	16.00	1:32:50	5:48	5	16:11	62	33:11