



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Pohl, Nadine

Club: Brattendorf

Number: 86

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:33:08

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 81 (of 154)

Rank in course/Women: 18 (of 62)

Best time in course: 1:17:24

Rank in category: 4(of 19)

Best time in the category: 1:20:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	46:42	5:50	6	4:11	20	6:31	8.00	46:42	5:50	6	4:11	20	6:31
Parkplatz an der	8.00	46:26	5:48	4	8:22	17	9:34	16.00	1:33:08	5:49	4	12:33	18	15:44