



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Weiß, Jessica

Club: Die Teigmacher

Number: 145

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W30 (30-34)

Total time: 1:34:20

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 85 (of 154)

Rank in course/Women: 20 (of 62)

Best time in course: 1:17:24

Rank in category: 4(of 9)

Best time in the category: 1:23:38

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	47:32	5:56	4	6:00	21	7:21	8.00	47:32	5:56	4	6:00	21	7:21
Parkplatz an der	8.00	46:48	5:50	4	4:42	18	9:56	16.00	1:34:20	5:53	4	10:42	20	16:56