



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit.Training

Number: 547

Course: 16.00 km

16 km-Lauf

Category:

Senioren M55 (55-59)

Total time: 1:35:39

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 90 (of 154)

Rank in course/Men: 69 (of 92)

Best time in course: 59:39

Rank in category: 2(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	49:05	6:08	2	3:12	70	19:04	8.00	49:05	6:08	2	3:12	70	19:04
Parkplatz an der	8.00	46:34	5:49	1	-	68	16:56	16.00	1:35:39	5:58	2	2:39	69	36:00