



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Knapp, Matthias

Club: GMRV

Number: 61

Course: 16.00 km

16 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:35:45

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 91 (of 154)

Rank in course/Men: 70 (of 92)

Best time in course: 59:39

Rank in category: 15(of 23)

Best time in the category: 1:06:49

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 | 49:32 | 6:11 | 16 | 15:47 | 73 | 19:31 | 8.00 | 49:32 | 6:11 | 16 | 15:47 | 73 | 19:31 |
| Parkplatz an der | 8.00 | 46:13 | 5:46 | 15 | 13:09 | 67 | 16:35 | 16.00 | 1:35:45 | 5:59 | 15 | 28:56 | 70 | 36:06 |