



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