



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Seifarth, Nadine

Club: Gotha
Number: 116

Course: 16.00 km
16 km-Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 1:37:39

Speed: 9.83 km/h
Running performance: 6:06 min/km

Rank in course/Total: 97 (of 154)
Rank in course/Women: 24 (of 62)
Best time in course: 1:17:24

Rank in category: 7(of 13)
Best time in the category: 1:22:10

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 | 49:14 | 6:09 | 8 | 8:18 | 26 | 9:03 | 8.00 | 49:14 | 6:09 | 8 | 8:18 | 26 | 9:03 |
| Parkplatz an der | 8.00 | 48:25 | 6:03 | 6 | 7:44 | 22 | 11:33 | 16.00 | 1:37:39 | 6:06 | 7 | 15:29 | 24 | 20:15 |