



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