



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Heß, Karoline

Club: Schleuse-Sport e.V.

Number: 46

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:40:30

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 110 (of 154)

Rank in course/Women: 31 (of 62)

Best time in course: 1:17:24

Rank in category: 8(of 19)

Best time in the category: 1:20:35

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	47:49	5:58	7	5:18	23	7:38	8.00	47:49	5:58	7	5:18	23	7:38
Parkplatz an der	8.00	52:41	6:35	10	14:37	37	15:49	16.00	1:40:30	6:16	8	19:55	31	23:06