



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Mangold, Sina

Club: Georgenthal OT Hohenkirchen
Number: 72

Course: 16.00 km
16 km-Lauf

Category:
Seniorinnen W35 (35-39)

Total time: 1:41:36

Speed: 9.45 km/h
Running performance: 6:21 min/km

Rank in course/Total: 113 (of 154)

Rank in course/Women: 32 (of 62)

Best time in course: 1:17:24

Rank in category: 9(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	49:29	6:11	8	6:58	27	9:18	8.00	49:29	6:11	8	6:58	27	9:18
Parkplatz an der	8.00	52:07	6:30	9	14:03	36	15:15	16.00	1:41:36	6:20	9	21:01	32	24:12