



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Beck, Nicole

Club: Luisenthal

Number: 4

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:44:43

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 124 (of 154)

Rank in course/Women: 40 (of 62)

Best time in course: 1:17:24

Rank in category: 12(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	50:48	6:20	11	8:17	36	10:37	8.00	50:48	6:20	11	8:17	36	10:37
Parkplatz an der	8.00	53:55	6:44	12	15:51	44	17:03	16.00	1:44:43	6:32	12	24:08	40	27:19