



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Thoma, Heiko

Club: Lauffreunde Friedenstein

Number: 133

Course: 16.00 km

16 km-Lauf

Category:

Senioren M55 (55-59)

Total time: 1:45:01

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 125 (of 154)

Rank in course/Men: 85 (of 92)

Best time in course: 59:39

Rank in category: 3(of 3)

Best time in the category: 1:33:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit	8.00	53:21	6:40	3	7:28	87	23:20	8.00	53:21	6:40	3	7:28	87	23:20
Parkplatz an der	8.00	51:40	6:27	3	5:06	81	22:02	16.00	1:45:01	6:33	3	12:01	85	45:22