



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Diez, Birgit

Club: Erdinger Active Team

Number: 20

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W55 (55-59)

Total time: 1:46:38

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 131 (of 154)

Rank in course/Women: 44 (of 62)

Best time in course: 1:17:24

Rank in category: 2 (of 2)

Best time in the category: 1:43:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	52:14	6:31	2	1:03	41	12:03	8.00	52:14	6:31	2	1:03	41	12:03
Parkplatz an der	8.00	54:24	6:47	2	2:21	45	17:32	16.00	1:46:38	6:39	2	3:24	44	29:14