



# 32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

## Detailed evaluation

**Elstner, Carolin**

Club: Ohrdruf

Number: 26

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:49:28

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 136 (of 154)

Rank in course/Women: 48 (of 62)

Best time in course: 1:17:24

Rank in category: 13(of 19)

Best time in the category: 1:20:35

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	8.00	53:35	6:41	13	11:04	46	13:24	8.00	53:35	6:41	13	11:04	46	13:24
Parkplatz an der	8.00	55:53	6:59	14	17:49	50	19:01	16.00	1:49:28	6:50	13	28:53	48	32:04