



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Jerate, Sarah

Club: Ohrdruf

Number: 51

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W30 (30-34)

Total time: 1:49:28

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 137 (of 154)

Rank in course/Women: 48 (of 62)

Best time in course: 1:17:24

Rank in category: 7(of 9)

Best time in the category: 1:23:38

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	53:36	6:42	7	12:04	47	13:25	8.00	53:36	6:42	7	12:04	47	13:25
Parkplatz an der	8.00	55:52	6:59	7	13:46	49	19:00	16.00	1:49:28	6:50	7	25:50	48	32:04