



# 32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

## Detailed evaluation

**Grabow, Sina Maria**

Club: Fit mit Schmidt

Number: 36

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 1:53:01

Speed: 8.49 km/h

Running performance: 7:04 min/km

Rank in course/Total: 142 (of 154)

Rank in course/Women: 53 (of 62)

Best time in course: 1:17:24

Rank in category: 16(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	56:32	7:03	16	14:01	53	16:21	8.00	56:32	7:03	16	14:01	53	16:21
Parkplatz an der	8.00	56:29	7:03	15	18:25	51	19:37	16.00	1:53:01	7:03	16	32:26	53	35:37