



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Ehnert, Michelle

Club: Fit mit Schmidt

Number: 25

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W30 (30-34)

Total time: 1:55:33

Speed: 8.31 km/h

Running performance: 7:13 min/km

Rank in course/Total: 144 (of 154)

Rank in course/Women: 55 (of 62)

Best time in course: 1:17:24

Rank in category: 9(of 9)

Best time in the category: 1:23:38

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | Total ranking | | | | | | | | |
|------------------|----------|------------|--------------|-------------|-------------|---------------|------------|--------------|----------|-------------|-----------|--------------|----|-------|
| | | | | Pos Cat. | Behind Cat. | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | | |
| Zwischenzeit | 8.00 | 56:33 | 7:04 | 8 | 15:01 | 54 | 16:22 | 8.00 | 56:33 | 7:04 | 8 | 15:01 | 54 | 16:22 |
| Parkplatz an der | 8.00 | 59:00 | 7:22 | 9 | 16:54 | 57 | 22:08 | 16.00 | 1:55:33 | 7:13 | 9 | 31:55 | 55 | 38:09 |