



# 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	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	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