



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Schulz, Manuela

Club: Sömmerda

Number: 109

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W45 (45-49)

Total time: 1:56:44

Speed: 8.22 km/h

Running performance: 7:18 min/km

Rank in course/Total: 145 (of 154)

Rank in course/Women: 56 (of 62)

Best time in course: 1:17:24

Rank in category: 5(of 5)

Best time in the category: 1:32:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	59:07	7:23	5	14:19	56	18:56	8.00	59:07	7:23	5	14:19	56	18:56
Parkplatz an der	8.00	57:37	7:12	5	10:31	54	20:45	16.00	1:56:44	7:17	5	24:09	56	39:20