



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Pahlke, Jana

Club: SpontanRunners

Number: 83

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 1:59:41

Speed: 8.02 km/h

Running performance: 7:29 min/km

Rank in course/Total: 148 (of 154)

Rank in course/Women: 58 (of 62)

Best time in course: 1:17:24

Rank in category: 12(of 13)

Best time in the category: 1:22:10

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	1:00:09	7:31	12	19:13	58	19:58	8.00	1:00:09	7:31	12	19:13	58	19:58
Parkplatz an der	8.00	59:32	7:26	12	18:51	58	22:40	16.00	1:59:41	7:28	12	37:31	58	42:17