



32. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2023

Detailed evaluation

Zimmerling, Nancy

Club: Herrenhof

Number: 549

Course: 16.00 km

16 km-Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 2:05:53

Speed: 7.63 km/h

Running performance: 7:52 min/km

Rank in course/Total: 152 (of 154)

Rank in course/Women: 60 (of 62)

Best time in course: 1:17:24

Rank in category: 13(of 13)

Best time in the category: 1:22:10

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	1:00:54	7:36	13	19:58	59	20:43	8.00	1:00:54	7:36	13	19:58	59	20:43
Parkplatz an der	8.00	1:04:59	8:07	13	24:18	60	28:07	16.00	2:05:53	7:52	13	43:43	60	48:29