



33. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2024

Detailed evaluation

Christoph Kornhas

Club: SV Emsetal

Number: 234

Course: 9.30 km

9,3 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:03:11

Speed: 8.55 km/h

Running performance: 6:47 min/km

Rank in course/Total: 37 (of 65)

Rank in course/Men: 30 (of 41)

Best time in course: 38:05

Rank in category: 8(of 9)

Best time in the category: 52:50