



## 33. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2024

### Detailed evaluation

Gerrit Nowag

Total time: 1:40:07

Number: 196

Speed: 9.59 km/h

Running performance: 6:06 min/km

Course: 16.40 km

Rank in course/Total: 58 (of 114)

16,4 km-Lauf

Rank in course/Men: 43 (of 63)

Best time in course: 1:00:45

Category:

Rank in category: 13(of 16)

Senioren M40 (40-44) D

Best time in the category: 1:01:38