



33. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2024

Detailed evaluation

Frank Spittel

Club: Trailrunning-Crew Thüringen

Number: 43

Course: 21.70 km

21,3 km Lauf

Category:

Senioren M45 (45-49) E

Total time: 2:17:31

Speed: 9.16 km/h

Running performance: 6:20 min/km

Rank in course/Total: 49 (of 57)

Rank in course/Men: 38 (of 41)

Best time in course: 1:28:01

Rank in category: 7(of 7)

Best time in the category: 1:29:05