



## 33. Ohratalsperrenlauf

Parkplatz an der Ohratalsperre / 01.05.2024

### Detailed evaluation

**Heiko Thoma**

Club: Lauffreunde Friedenstein

Number: 49

Course: 21.70 km

21,3 km Lauf

Category:

Senioren M55 (55-59) E

Total time: 2:44:52

Speed: 7.64 km/h

Running performance: 7:35 min/km

Rank in course/Total: 57 (of 57)

Rank in course/Men: 41 (of 41)

Best time in course: 1:28:01

Rank in category: 3(of 3)

Best time in the category: 1:49:25