



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Knippschild, Ludwig

Club: Grün Weiß Ilsenburg
Number: 384

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 7:12

Speed: 14.17 km/h
Running performance: 4:14 min/km

Rank in course/Total: 10 (of 72)

Rank in course/Men: 8 (of 49)

Best time in course: 5:24

Rank in category: 4(of 15)

Best time in the category: 6:31

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
am Blochhauer	0.85	3:26	4:02	3	0:15	7	0:48	0.85	3:26	4:02	3	0:15	7	0:48
Ilsenburg/Markt	0.85	3:46	4:25	5	0:26	12	1:00	1.70	7:12	4:14	4	0:41	8	1:48