



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Knippschild, Frederik

Club: Grün Weiß Ilseburg
Number: 383

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 7:20

Speed: 8.18 km/h
Running performance: 4:19 min/km

Rank in course/Total: 11 (of 72)

Rank in course/Men: 9 (of 49)

Best time in course: 5:24

Rank in category: 5(of 9)

Best time in the category: 5:24

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	3:36	4:14	5	0:58	9	0:58	0.85	3:36	4:14	5	0:58	9	0:58
Ilseburg/Markt	0.85	3:44	4:23	5	0:58	8	0:58	1.70	7:20	4:18	5	1:56	9	1:56