



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hauschild, Christian

Club: Goslar

Number: 227

Course: 8.70 km

8,7 km - Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 45:53

Speed: 10.46 km/h

Running performance: 5:16 min/km

Rank in course/Total: 45 (of 121)

Rank in course/Men: 32 (of 67)

Best time in course: 31:48

Rank in category: 1(of 2)

Best time in the category: 45:53

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
Abzweig Tännental	4.00	22:28	5:36	1	-	35	7:03	4.00	22:28	5:36	1	-	35	7:03
Ilseburg/Markt	4.70	23:25	4:58	1	-	30	7:02	8.70	45:53	5:16	1	-	32	14:05