



40. Oster-Ilsetallauf
Ilsenburg / 08.04.2023

Detailed evaluation

Haberlag, Henrik

Club: Grün-Weiß Ilsenburg
Number: 370

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 7:33

Speed: 7.95 km/h
Running performance: 4:26 min/km

Rank in course/Total: 13 (of 72)

Rank in course/Men: 11 (of 49)

Best time in course: 5:24

Rank in category: 6(of 15)

Best time in the category: 6:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
am Blochhauer	0.85	3:45	4:24	5	0:34	11	1:07	0.85	3:45	4:24	5	0:34	11	1:07
Ilsenburg/Markt	0.85	3:48	4:28	6	0:28	13	1:02	1.70	7:33	4:26	6	1:02	11	2:09