



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

Steinbrecher, Henri

Club: NSV Wernigerode

Number: 414

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 7:33

Speed: 7.95 km/h

Running performance: 4:26 min/km

Rank in course/Total: 14 (of 72)

Rank in course/Men: 11 (of 49)

Best time in course: 5:24

Rank in category: 6(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	3:49	4:29	6	1:11	13	1:11	0.85	3:49	4:29	6	1:11	13	1:11
Ilseburg/Markt	0.85	3:44	4:23	5	0:58	8	0:58	1.70	7:33	4:26	6	2:09	11	2:09