



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Höper, Vincent Henning

Club: Braunschweiger Laufclub
Number: 377

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 5:51

Speed: 10.26 km/h

Running performance: 3:26 min/km

Rank in course/Total: 2 (of 72)

Rank in course/Men: 2 (of 49)

Best time in course: 5:24

Rank in category: 2(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	2:54	3:24	3	0:16	3	0:16	0.85	2:54	3:24	3	0:16	3	0:16
Ilseburg/Markt	0.85	2:57	3:28	2	0:11	2	0:11	1.70	5:51	3:26	2	0:27	2	0:27