



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Weiß, Moritz

Club: Braunschweiger-Laufclub
Number: 421

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 5:55

Speed: 10.14 km/h
Running performance: 3:29 min/km

Rank in course/Total: 3 (of 72)

Rank in course/Men: 3 (of 49)

Best time in course: 5:24

Rank in category: 3(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	2:47	3:16	2	0:09	2	0:09	0.85	2:47	3:16	2	0:09	2	0:09
Ilseburg/Markt	0.85	3:08	3:41	4	0:22	4	0:22	1.70	5:55	3:28	3	0:31	3	0:31