



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Roick, Damian**

Club: Ilsenburg (Harz)  
Number: 401

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
männliche Kinder U12 (10-11 Jahre)

Total time: 8:36

Speed: 6.98 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 38 (of 72)

Rank in course/Men: 31 (of 49)

Best time in course: 5:24

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
am Blochhauer	0.85	4:09	4:52	9	0:58	25	1:31	0.85	4:09	4:52	9	0:58	25	1:31
Ilsenburg/Markt	0.85	4:27	5:14	11	1:07	33	1:41	1.70	8:36	5:03	10	2:05	31	3:12