



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Lehmann, Ben

Club: Harz-Gebirgslauf Wernigerode
Number: 387

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 5:56

Speed: 17.19 km/h
Running performance: 3:29 min/km

Rank in course/Total: 4 (of 72)

Rank in course/Men: 4 (of 49)

Best time in course: 5:24

Rank in category: 4(of 9)

Best time in the category: 5:24

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	2:57	3:28	4	0:19	4	0:19	0.85	2:57	3:28	4	0:19	4	0:19
Ilseburg/Markt	0.85	2:59	3:30	3	0:13	3	0:13	1.70	5:56	3:29	4	0:32	4	0:32