



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Aulich, Michel

Club: Brockenlaufverein Ilseburg
Number: 352

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 6:31

Speed: 9.21 km/h
Running performance: 3:50 min/km

Rank in course/Total: 5 (of 72)

Rank in course/Men: 5 (of 49)

Best time in course: 5:24

Rank in category: 1(of 15)

Best time in the category: 6:31

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	3:11	3:44	1	-	5	0:33	0.85	3:11	3:44	1	-	5	0:33
Ilseburg/Markt	0.85	3:20	3:55	1	-	5	0:34	1.70	6:31	3:50	1	-	5	1:07