



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Mikeska, Jonas

Club: Ilsenburg
Number: 393

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 9:12

Speed: 6.52 km/h
Running performance: 5:25 min/km

Rank in course/Total: 53 (of 72)

Rank in course/Men: 40 (of 49)

Best time in course: 5:24

Rank in category: 15(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.	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	4:35	5:23	15	1:24	43	1:57	0.85	4:35	5:23	15	1:24	43	1:57
Ilsenburg/Markt	0.85	4:37	5:25	15	1:17	40	1:51	1.70	9:12	5:24	15	2:41	40	3:48