



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Dickehut, Tom

Club: FSV Grün-Weiß Ilseburg
Number: 361

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 7:31

Speed: 7.98 km/h
Running performance: 4:25 min/km

Rank in course/Total: 12 (of 72)

Rank in course/Men: 10 (of 49)

Best time in course: 5:24

Rank in category: 5(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	3:46	4:25	6	0:35	12	1:08	0.85	3:46	4:25	6	0:35	12	1:08
Ilseburg/Markt	0.85	3:45	4:24	4	0:25	10	0:59	1.70	7:31	4:25	5	1:00	10	2:07