



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Ugorets, Max

Club: TSV Bassum
Number: 418

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 7:39

Speed: 7.84 km/h
Running performance: 4:30 min/km

Rank in course/Total: 16 (of 72)

Rank in course/Men: 13 (of 49)

Best time in course: 5:24

Rank in category: 7(of 9)

Best time in the category: 5:24

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	3:54	4:35	7	1:16	18	1:16	0.85	3:54	4:35	7	1:16	18	1:16
Ilsenburg/Markt	0.85	3:45	4:24	7	0:59	10	0:59	1.70	7:39	4:30	7	2:15	13	2:15