



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Thomas, Louis

Club: Grün-Weiß Ilsenburg
Number: 415

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 7:39

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

Rank in course/Total: 17 (of 72)

Rank in course/Men: 13 (of 49)

Best time in course: 5:24

Rank in category: 1(of 19)

Best time in the category: 7:39

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	3:36	4:14	1	-	9	0:58	0.85	3:36	4:14	1	-	9	0:58
Ilsenburg/Markt	0.85	4:03	4:45	5	0:11	19	1:17	1.70	7:39	4:30	1	-	13	2:15