



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

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Club: Hildesheim

Number: 359

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Kinder U10 (8-9 Jahre)

Total time: 7:45

Speed: 7.74 km/h

Running performance: 4:34 min/km

Rank in course/Total: 20 (of 72)

Rank in course/Men: 16 (of 49)

Best time in course: 5:24

Rank in category: 2(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	3:50	4:30	2	0:14	14	1:12	0.85	3:50	4:30	2	0:14	14	1:12
Ilseburg/Markt	0.85	3:55	4:36	3	0:03	17	1:09	1.70	7:45	4:33	2	0:06	16	2:21