



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Frank, Eddi

Club: Darlingerode
Number: 366

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: 21 (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 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	3:53	4:34	3	0:17	16	1:15	0.85	3:53	4:34	3	0:17	16	1:15
Ilsenburg/Markt	0.85	3:52	4:32	1	-	15	1:06	1.70	7:45	4:33	2	0:06	16	2:21