



40. Oster-Ilsetalllauf  
Ilseburg / 08.04.2023

Detailed evaluation

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Club: Grundschule Darlingerode  
Number: 371

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
männliche Kinder U10 (8-9 Jahre)

Total time: 7:46

Speed: 7.73 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 22 (of 72)

Rank in course/Men: 18 (of 49)

Best time in course: 5:24

Rank in category: 4(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	3:53	4:34	3	0:17	16	1:15	0.85	3:53	4:34	3	0:17	16	1:15
Ilseburg/Markt	0.85	3:53	4:34	2	0:01	16	1:07	1.70	7:46	4:34	4	0:07	18	2:22