



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Aulich, Sven

Club: Grün Weiss Ilsenburg

Number: 353

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Kinder U10 (8-9 Jahre)

Total time: 8:19

Speed: 7.21 km/h

Running performance: 4:53 min/km

Rank in course/Total: 29 (of 72)

Rank in course/Men: 23 (of 49)

Best time in course: 5:24

Rank in category: 8(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	3:56	4:37	5	0:20	19	1:18	0.85	3:56	4:37	5	0:20	19	1:18
Ilsenburg/Markt	0.85	4:23	5:09	11	0:31	30	1:37	1.70	8:19	4:53	8	0:40	23	2:55