



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Ziem, Magnus

Club: Wernigerode
Number: 426

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 8:23

Speed: 7.16 km/h
Running performance: 4:56 min/km

Rank in course/Total: 32 (of 72)

Rank in course/Men: 26 (of 49)

Best time in course: 5:24

Rank in category: 10(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	4:19	5:04	12	0:43	33	1:41	0.85	4:19	5:04	12	0:43	33	1:41
Ilsenburg/Markt	0.85	4:04	4:47	7	0:12	22	1:18	1.70	8:23	4:55	10	0:44	26	2:59