



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Lindenberg, Leo

Club: FSV Grün-Weiß-Ilsenburg
Number: 388

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 8:22

Speed: 7.17 km/h
Running performance: 4:55 min/km

Rank in course/Total: 31 (of 72)

Rank in course/Men: 25 (of 49)

Best time in course: 5:24

Rank in category: 9(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	4:14	4:58	11	0:38	30	1:36	0.85	4:14	4:58	11	0:38	30	1:36
Ilsenburg/Markt	0.85	4:08	4:51	8	0:16	23	1:22	1.70	8:22	4:55	9	0:43	25	2:58