



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Gifhorn, Max

Club: Team Dillge/Gifhorn
Number: 367

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 8:35

Speed: 6.99 km/h
Running performance: 5:03 min/km

Rank in course/Total: 37 (of 72)

Rank in course/Men: 30 (of 49)

Best time in course: 5:24

Rank in category: 12(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	4:23	5:09	13	0:47	36	1:45	0.85	4:23	5:09	13	0:47	36	1:45
Ilsenburg/Markt	0.85	4:12	4:56	10	0:20	26	1:26	1.70	8:35	5:02	12	0:56	30	3:11