



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Rose, Anton

Club: Wernigerode
Number: 404

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 8:47

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 42 (of 72)

Rank in course/Men: 34 (of 49)

Best time in course: 5:24

Rank in category: 13(of 19)

Best time in the category: 7:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
am Blochhauer	0.85	4:12	4:56	10	0:36	29	1:34	0.85	4:12	4:56	10	0:36	29	1:34
Ilsenburg/Markt	0.85	4:35	5:23	14	0:43	39	1:49	1.70	8:47	5:10	13	1:08	34	3:23