



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Gifhorn, Tom

Club: Team Dillge/Gifhorn

Number: 368

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 8:48

Speed: 6.82 km/h

Running performance: 5:11 min/km

Rank in course/Total: 43 (of 72)

Rank in course/Men: 35 (of 49)

Best time in course: 5:24

Rank in category: 8(of 9)

Best time in the category: 5:24

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 | 4:26 | 5:12 | 8 | 1:48 | 39 | 1:48 | 0.85 | 4:26 | 5:12 | 8 | 1:48 | 39 | 1:48 |
| Ilseburg/Markt | 0.85 | 4:22 | 5:08 | 8 | 1:36 | 28 | 1:36 | 1.70 | 8:48 | 5:10 | 8 | 3:24 | 35 | 3:24 |