



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

Detailed evaluation

Rose, Jonas

Club: Wernigerode  
Number: 405

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
männliche Kinder U8 (unter 8 Jahren)

Total time: 8:50

Speed: 11.55 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 45 (of 72)

Rank in course/Men: 36 (of 49)

Best time in course: 5:24

Rank in category: 3(of 6)

Best time in the category: 8:21

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	4:23	5:09	3	0:13	36	1:45	0.85	4:23	5:09	3	0:13	36	1:45
Ilsenburg/Markt	0.85	4:27	5:14	3	0:16	33	1:41	1.70	8:50	5:11	3	0:29	36	3:26