



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: 6.79 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	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	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