



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Skrandies, Sam

Club: Grundschule Darlingerode
Number: 413

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 8:53

Speed: 6.75 km/h
Running performance: 5:14 min/km

Rank in course/Total: 46 (of 72)

Rank in course/Men: 37 (of 49)

Best time in course: 5:24

Rank in category: 13(of 15)

Best time in the category: 6:31

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	4:21	5:07	13	1:10	34	1:43	0.85	4:21	5:07	13	1:10	34	1:43
Ilseburg/Markt	0.85	4:32	5:19	13	1:12	37	1:46	1.70	8:53	5:13	13	2:22	37	3:29