



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Bahar, Liam

Club: Cattenstedt
Number: 427

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 9:39

Speed: 6.22 km/h
Running performance: 5:41 min/km

Rank in course/Total: 60 (of 72)

Rank in course/Men: 43 (of 49)

Best time in course: 5:24

Rank in category: 17(of 19)

Best time in the category: 7:39

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	4:40	5:29	17	1:04	44	2:02	0.85	4:40	5:29	17	1:04	44	2:02
Ilseburg/Markt	0.85	4:59	5:51	17	1:07	43	2:13	1.70	9:39	5:40	17	2:00	43	4:15