



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Rethfeldt, Michel

Club: Grün Weiß Ilsenburg
Number: 397

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U8 (unter 8 Jahren)

Total time: 9:43

Speed: 6.17 km/h
Running performance: 5:43 min/km

Rank in course/Total: 61 (of 72)

Rank in course/Men: 44 (of 49)

Best time in course: 5:24

Rank in category: 4(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	4:28	5:15	4	0:18	41	1:50	0.85	4:28	5:15	4	0:18	41	1:50
Ilsenburg/Markt	0.85	5:15	6:10	4	1:04	44	2:29	1.70	9:43	5:42	4	1:22	44	4:19