



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Ugorets, Ben

Club: TSV Bassum
Number: 417

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 6:56

Speed: 8.65 km/h
Running performance: 4:05 min/km

Rank in course/Total: 7 (of 72)

Rank in course/Men: 7 (of 49)

Best time in course: 5:24

Rank in category: 3(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	3:27	4:03	4	0:16	8	0:49	0.85	3:27	4:03	4	0:16	8	0:49
Ilsenburg/Markt	0.85	3:29	4:05	3	0:09	7	0:43	1.70	6:56	4:04	3	0:25	7	1:32