



40. Oster-Ilsetalllauf  
Ilsenburg / 08.04.2023

Detailed evaluation

Sarkizov, Aret

Club: Varna  
Number: 406

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
männliche Kinder U10 (8-9 Jahre)

Total time: 12:06

Speed: 4.96 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 71 (of 72)

Rank in course/Men: 48 (of 49)

Best time in course: 5:24

Rank in category: 19(of 19)

Best time in the category: 7:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
am Blochhauer	0.85	6:25	7:32	19	2:49	49	3:47	0.85	6:25	7:32	19	2:49	49	3:47
Ilsenburg/Markt	0.85	5:41	6:41	18	1:49	46	2:55	1.70	12:06	7:07	19	4:27	48	6:42