



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Mattis Hamann

Number: 398

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Jugend U14 (12-13)

Total time: 8:13

Speed: 7.30 km/h

Running performance: 4:50 min/km

Rank in course/Total: 19 (of 71)

Rank in course/Men: 13 (of 38)

Best time in course: 7:50

Rank in category: 10(of 12)

Best time in the category: 7:50

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
Control	0.85	4:27	5:14	11	1:21	28	1:21	0.85	4:27	5:14	11	1:21	28	1:21
Ilseburg/Markt	0.85	3:46	4:25	1	-	1	-	1.70	8:13	4:50	10	0:23	13	0:23