



41. Oster-Ilsetallauf

Ilsenburg / 30.03.2024

Detailed evaluation

Paul Albert Band

Club: LC BlueLiner
Number: 375

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Jugend U14 (12-13)

Total time: 8:30

Speed: 7.06 km/h
Running performance: 5:00 min/km

Rank in course/Total: 37 (of 71)

Rank in course/Men: 26 (of 38)

Best time in course: 7:50

Rank in category: 11(of 12)

Best time in the category: 7:50

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Control	0.85	3:51	4:31	6	0:45	9	0:45	0.85	3:51	4:31	6	0:45	9	0:45
Ilsenburg/Markt	0.85	4:39	5:28	8	0:53	26	0:53	1.70	8:30	5:00	11	0:40	26	0:40