



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

Jonas Mikeska

Number: 435

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Jugend U14 (12-13)

Total time: 9:28

Speed: 6.34 km/h

Running performance: 5:34 min/km

Rank in course/Total: 49 (of 71)

Rank in course/Men: 30 (of 38)

Best time in course: 7:50

Rank in category: 12(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	4:58	5:50	12	1:52	32	1:52	0.85	4:58	5:50	12	1:52	32	1:52
Ilseburg/Markt	0.85	4:30	5:17	7	0:44	23	0:44	1.70	9:28	5:34	12	1:38	30	1:38