



# 41. Oster-Ilsetallauf

Ilsenburg / 30.03.2024

## Detailed evaluation

**Ron Abel**

Club: Grün Weiß Ilsenburg  
Number: 371

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
männliche Jugend U14 (12-13)

Total time: 7:52

Speed: 12.97 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 3 (of 71)

Rank in course/Men: 2 (of 38)

Best time in course: 7:50

Rank in category: 2(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	3:12	3:45	2	0:06	2	0:06	0.85	3:12	3:45	2	0:06	2	0:06
Ilsenburg/Markt	0.85	4:40	5:29	9	0:54	27	0:54	1.70	7:52	4:37	2	0:02	2	0:02