



# 41. Oster-Ilsetalllauf

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: 7.63 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   |