



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Magnus Ziem

Number: 464

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Kinder U10 (8-9)

Total time: 8:12

Speed: 7.32 km/h

Running performance: 4:49 min/km

Rank in course/Total: 18 (of 71)

Rank in course/Men: 11 (of 38)

Best time in course: 7:50

Rank in category: 1(of 10)

Best time in the category: 8:12

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	4:07	4:50	8	0:38	21	1:01	0.85	4:07	4:50	8	0:38	21	1:01
Ilseburg/Markt	0.85	4:05	4:48	1	-	7	0:19	1.70	8:12	4:49	1	-	11	0:22