



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Konstantin Becker

Club: SC Altstädten
Number: 378

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9)

Total time: 8:15

Speed: 7.27 km/h
Running performance: 4:51 min/km

Rank in course/Total: 22 (of 71)

Rank in course/Men: 15 (of 38)

Best time in course: 7:50

Rank in category: 2(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	3:53	4:34	4	0:24	11	0:47	0.85	3:53	4:34	4	0:24	11	0:47
Ilseburg/Markt	0.85	4:22	5:08	5	0:17	18	0:36	1.70	8:15	4:51	2	0:03	15	0:25