



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Noel Schrader

Number: 454

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Kinder U10 (8-9)

Total time: 8:18

Speed: 7.23 km/h

Running performance: 4:52 min/km

Rank in course/Total: 25 (of 71)

Rank in course/Men: 17 (of 38)

Best time in course: 7:50

Rank in category: 3(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	3:57	4:38	5	0:28	14	0:51	0.85	3:57	4:38	5	0:28	14	0:51
Ilseburg/Markt	0.85	4:21	5:07	3	0:16	16	0:35	1.70	8:18	4:52	3	0:06	17	0:28