



41. Oster-Ilsetalllauf  
Ilseburg / 30.03.2024

Detailed evaluation

Julien Gödeke

Number: 395

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Kinder U10 (8-9)

Total time: 8:23

Speed: 12.17 km/h

Running performance: 4:55 min/km

Rank in course/Total: 33 (of 71)

Rank in course/Men: 23 (of 38)

Best time in course: 7:50

Rank in category: 5(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	3:52	4:32	3	0:23	10	0:46	0.85	3:52	4:32	3	0:23	10	0:46
Ilseburg/Markt	0.85	4:31	5:18	8	0:26	25	0:45	1.70	8:23	4:55	5	0:11	23	0:33