



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Luke Lauing

Club: HGL e.V.

Number: 467

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Kinder U10 (8-9)

Total time: 8:28

Speed: 7.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 35 (of 71)

Rank in course/Men: 25 (of 38)

Best time in course: 7:50

Rank in category: 7(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	4:01	4:43	6	0:32	17	0:55	0.85	4:01	4:43	6	0:32	17	0:55
Ilsenburg/Markt	0.85	4:27	5:14	6	0:22	22	0:41	1.70	8:28	4:58	7	0:16	25	0:38