



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Sven Aulich

Club: Brockenlauf Verein Ilseburg
Number: 374

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11)

Total time: 8:01

Speed: 7.48 km/h
Running performance: 4:42 min/km

Rank in course/Total: 10 (of 71)

Rank in course/Men: 4 (of 38)

Best time in course: 7:50

Rank in category: 1(of 8)

Best time in the category: 8:01

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	3:45	4:24	1	-	7	0:39	0.85	3:45	4:24	1	-	7	0:39
Ilseburg/Markt	0.85	4:16	5:01	5	0:23	12	0:30	1.70	8:01	4:42	1	-	4	0:11