



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Finn Rudolf

Club: Grundschule Darlingerode
Number: 448

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11)

Total time: 8:09

Speed: 7.36 km/h
Running performance: 4:47 min/km

Rank in course/Total: 15 (of 71)

Rank in course/Men: 9 (of 38)

Best time in course: 7:50

Rank in category: 2(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	4:13	4:57	6	0:28	23	1:07	0.85	4:13	4:57	6	0:28	23	1:07
Ilseburg/Markt	0.85	3:56	4:37	2	0:03	5	0:10	1.70	8:09	4:47	2	0:08	9	0:19