



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Raphael Berg

Club: Grundschule Darlingerode
Number: 380

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U12 (10-11)

Total time: 8:14

Speed: 12.39 km/h
Running performance: 4:50 min/km

Rank in course/Total: 21 (of 71)

Rank in course/Men: 14 (of 38)

Best time in course: 7:50

Rank in category: 3(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	4:21	5:07	7	0:36	26	1:15	0.85	4:21	5:07	7	0:36	26	1:15
Ilseburg/Markt	0.85	3:53	4:34	1	-	4	0:07	1.70	8:14	4:50	3	0:13	14	0:24