



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Henri Steinbrecher

Club: NSV Wernigerode

Number: 466

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Jugend U14 (12-13)

Total time: 8:03

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 11 (of 71)

Rank in course/Men: 5 (of 38)

Best time in course: 7:50

Rank in category: 4(of 12)

Best time in the category: 7:50

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	3:55	4:36	8	0:49	13	0:49	0.85	3:55	4:36	8	0:49	13	0:49
Ilseburg/Markt	0.85	4:08	4:51	4	0:22	8	0:22	1.70	8:03	4:44	4	0:13	5	0:13