



41. Oster-Ilsetallauf

Ilsenburg / 30.03.2024

Detailed evaluation

Oskar Ulrich

Club: WSV Elbingerode
Number: 457

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Jugend U14 (12-13)

Total time: 8:05

Speed: 7.42 km/h
Running performance: 4:45 min/km

Rank in course/Total: 12 (of 71)

Rank in course/Men: 6 (of 38)

Best time in course: 7:50

Rank in category: 5(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	3:17	3:51	4	0:11	4	0:11	0.85	3:17	3:51	4	0:11	4	0:11
Ilsenburg/Markt	0.85	4:48	5:38	12	1:02	31	1:02	1.70	8:05	4:45	5	0:15	6	0:15