



41. Oster-Ilsetallauf

Ilsenburg / 30.03.2024

Detailed evaluation

Tom Dickehut

Club: FSV Grün-Weiß Ilsenburg
Number: 388

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Jugend U14 (12-13)

Total time: 8:06

Speed: 7.41 km/h
Running performance: 4:45 min/km

Rank in course/Total: 14 (of 71)

Rank in course/Men: 7 (of 38)

Best time in course: 7:50

Rank in category: 6(of 12)

Best time in the category: 7:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	0.85	3:44	4:23	5	0:38	6	0:38	0.85	3:44	4:23	5	0:38	6	0:38
Ilsenburg/Markt	0.85	4:22	5:08	6	0:36	18	0:36	1.70	8:06	4:45	6	0:16	7	0:16