



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Richard Brandis

Club: CrossFit Potsdam
Number: 384

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: 13 (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	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	4:18	5:03	9	1:12	25	1:12	0.85	4:18	5:03	9	1:12	25	1:12
Ilseburg/Markt	0.85	3:48	4:28	2	0:02	2	0:02	1.70	8:06	4:45	6	0:16	7	0:16