



41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

Detailed evaluation

Fabio Sachse

Club: Harz-Gebirgslauf Wernigerode

Number: 449

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

männliche Jugend U14 (12-13)

Total time: 8:10

Speed: 7.35 km/h

Running performance: 4:48 min/km

Rank in course/Total: 16 (of 71)

Rank in course/Men: 10 (of 38)

Best time in course: 7:50

Rank in category: 8(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	3:54	4:35	7	0:48	12	0:48	0.85	3:54	4:35	7	0:48	12	0:48
Ilsenburg/Markt	0.85	4:16	5:01	5	0:30	12	0:30	1.70	8:10	4:48	8	0:20	10	0:20