



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Hellmund, Johanna

Club: Stadtfeld Gymnasium
Number: 375

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

weibliche Kinder U12 (10-11 Jahre)

Total time: 7:35

Speed: 7.91 km/h

Running performance: 4:28 min/km

Rank in course/Total: 15 (of 72)

Rank in course/Women: 3 (of 23)

Best time in course: 6:58

Rank in category: 1(of 5)

Best time in the category: 7:35

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
am Blochhauer	0.85	3:45	4:24	1	-	3	0:14	0.85	3:45	4:24	1	-	3	0:14
Ilseburg/Markt	0.85	3:50	4:30	1	-	3	0:24	1.70	7:35	4:27	1	-	3	0:37