



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Gramer, Leonie

Club: Grundschule Stapelburg
Number: 369

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U12 (10-11 Jahre)

Total time: 8:14

Speed: 7.29 km/h
Running performance: 4:50 min/km

Rank in course/Total: 26 (of 72)

Rank in course/Women: 5 (of 23)

Best time in course: 6:58

Rank in category: 3(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.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
am Blochhauer	0.85	4:03	4:45	3	0:18	5	0:32	0.85	4:03	4:45	3	0:18	5	0:32
Ilsenburg/Markt	0.85	4:11	4:55	3	0:21	6	0:45	1.70	8:14	4:50	3	0:39	5	1:16