



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Reiß, Johanna

Club: Grundschule Stapelburg
Number: 396

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U12 (10-11 Jahre)

Total time: 8:18

Speed: 12.29 km/h
Running performance: 4:53 min/km

Rank in course/Total: 28 (of 72)

Rank in course/Women: 6 (of 23)

Best time in course: 6:58

Rank in category: 4(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 | 4:05 | 4:48 | 4 | 0:20 | 6 | 0:34 | 0.85 | 4:05 | 4:48 | 4 | 0:20 | 6 | 0:34 |
| Ilsenburg/Markt | 0.85 | 4:13 | 4:57 | 4 | 0:23 | 7 | 0:47 | 1.70 | 8:18 | 4:52 | 4 | 0:43 | 6 | 1:20 |