



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: 7.23 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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	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