



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Unbehaun, Lisa

Club: NSV Wernigerode
Number: 419

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 8:49

Speed: 6.81 km/h
Running performance: 5:11 min/km

Rank in course/Total: 44 (of 72)

Rank in course/Women: 9 (of 23)

Best time in course: 6:58

Rank in category: 3(of 3)

Best time in the category: 6:58

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	4:31	5:18	3	1:00	10	1:00	0.85	4:31	5:18	3	1:00	10	1:00
Ilseburg/Markt	0.85	4:18	5:03	3	0:52	9	0:52	1.70	8:49	5:11	3	1:51	9	1:51