



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Hellmund, Charlotte

Club: Grundschule Darlingerode
Number: 374

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9 Jahre)

Total time: 9:04

Speed: 6.62 km/h
Running performance: 5:20 min/km

Rank in course/Total: 49 (of 72)

Rank in course/Women: 10 (of 23)

Best time in course: 6:58

Rank in category: 3(of 9)

Best time in the category: 8:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
am Blochhauer	0.85	4:19	5:04	2	0:01	8	0:48	0.85	4:19	5:04	2	0:01	8	0:48
Ilseburg/Markt	0.85	4:45	5:35	7	0:37	15	1:19	1.70	9:04	5:19	3	0:38	10	2:06