



# 40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

## Detailed evaluation

**Miehe, Lotta**

Club: Grundschule Darlingerode  
Number: 392

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
weibliche Kinder U10 (8-9 Jahre)

Total time: 9:29

Speed: 10.76 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 56 (of 72)

Rank in course/Women: 14 (of 23)

Best time in course: 6:58

Rank in category: 6(of 9)

Best time in the category: 8:26

### 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	4:45	5:35	7	0:27	17	1:14	0.85	4:45	5:35	7	0:27	17	1:14
Ilsenburg/Markt	0.85	4:44	5:34	6	0:36	14	1:18	1.70	9:29	5:34	6	1:03	14	2:31