



40. Oster-Ilsetalllauf

Ilsenburg / 08.04.2023

Detailed evaluation

Becker, Ida Lou

Club: TSV 1893 Langeln
Number: 354

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9 Jahre)

Total time: 9:31

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 57 (of 72)

Rank in course/Women: 15 (of 23)

Best time in course: 6:58

Rank in category: 7(of 9)

Best time in the category: 8:26

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	4:49	5:40	9	0:31	19	1:18	0.85	4:49	5:40	9	0:31	19	1:18
Ilsenburg/Markt	0.85	4:42	5:31	5	0:34	13	1:16	1.70	9:31	5:35	7	1:05	15	2:33