



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Trosien, Alina

Club: Grundschule Silstedt
Number: 416

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9 Jahre)

Total time: 9:34

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 59 (of 72)

Rank in course/Women: 17 (of 23)

Best time in course: 6:58

Rank in category: 8(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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
am Blochhauer	0.85	4:40	5:29	6	0:22	14	1:09	0.85	4:40	5:29	6	0:22	14	1:09
Ilseburg/Markt	0.85	4:54	5:45	8	0:46	17	1:28	1.70	9:34	5:37	8	1:08	17	2:36