



# 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: 6.27 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 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	4:40	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