



40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

Detailed evaluation

Seidel, Emma

Club: Grundschule Darlingerode
Number: 412

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U8 (unter 8 Jahren)

Total time: 11:06

Speed: 9.19 km/h
Running performance: 6:32 min/km

Rank in course/Total: 66 (of 72)

Rank in course/Women: 21 (of 23)

Best time in course: 6:58

Rank in category: 4(of 6)

Best time in the category: 9:11

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	5:25	6:22	3	0:46	20	1:54	0.85	5:25	6:22	3	0:46	20	1:54
Ilseburg/Markt	0.85	5:41	6:41	4	1:11	21	2:15	1.70	11:06	6:31	4	1:55	21	4:08