



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Schirmer, Fiete

Club: Grundschule Darlingerode
Number: 409

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
männliche Kinder U10 (8-9 Jahre)

Total time: 11:10

Speed: 5.37 km/h
Running performance: 6:34 min/km

Rank in course/Total: 68 (of 72)

Rank in course/Men: 46 (of 49)

Best time in course: 5:24

Rank in category: 18(of 19)

Best time in the category: 7:39

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
am Blochhauer	0.85	5:16	6:11	18	1:40	45	2:38	0.85	5:16	6:11	18	1:40	45	2:38
Ilseburg/Markt	0.85	5:54	6:56	19	2:02	48	3:08	1.70	11:10	6:34	18	3:31	46	5:46