



40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

Detailed evaluation

Blieblau, Sophia

Club: Grundschule Darlingerode
Number: 358

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

weibliche Kinder U8 (unter 8 Jahren)

Total time: 11:24

Speed: 5.26 km/h

Running performance: 6:43 min/km

Rank in course/Total: 70 (of 72)

Rank in course/Women: 23 (of 23)

Best time in course: 6:58

Rank in category: 6(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. | Women | Women | km | Time | min/km | Cat. | Cat. | Women | Women |
| am Blochhauer | 0.85 | 5:37 | 6:36 | 6 | 0:58 | 23 | 2:06 | 0.85 | 5:37 | 6:36 | 6 | 0:58 | 23 | 2:06 |
| Ilseburg/Markt | 0.85 | 5:47 | 6:48 | 6 | 1:17 | 23 | 2:21 | 1.70 | 11:24 | 6:42 | 6 | 2:13 | 23 | 4:26 |