



# 40. Oster-Ilsetallauf

Ilseburg / 08.04.2023

## Detailed evaluation

Ziebler, Carlotta

Club: Braunschweiger Laufclub  
Number: 425

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
weibliche Jugend U14 (12-13 Jahre)

Total time: 6:58

Speed: 8.61 km/h  
Running performance: 4:06 min/km

Rank in course/Total: 8 (of 72)  
Rank in course/Women: 1 (of 23)  
Best time in course: 6:58  
Rank in category: 1 (of 3)  
Best time in the category: 6:58

### 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	3:32	4:09	2	0:01	2	0:01	0.85	3:32	4:09	2	0:01	2	0:01
Ilseburg/Markt	0.85	3:26	4:02	1	-	1	-	1.70	6:58	4:05	1	-	1	-