



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Hauschild, Helena

Club: Goslar
Number: 372

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 7:07

Speed: 8.43 km/h
Running performance: 4:11 min/km

Rank in course/Total: 9 (of 72)

Rank in course/Women: 2 (of 23)

Best time in course: 6:58

Rank in category: 2(of 3)

Best time in the category: 6:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
am Blochhauer	0.85	3:31	4:08	1	-	1	-	0.85	3:31	4:08	1	-	1	-
Ilsenburg/Markt	0.85	3:36	4:14	2	0:10	2	0:10	1.70	7:07	4:11	2	0:09	2	0:09