



41. Oster-Ilsetallauf  
Ilseburg / 30.03.2024

Detailed evaluation

Johanna Hellmund

Club: Gymnasium Wernigerode  
Number: 411

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
weibliche Jugend U14 (12-13)

Total time: 7:53

Speed: 12.94 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 4 (of 71)  
Rank in course/Women: 2 (of 33)

Best time in course: 7:51  
Rank in category: 2 (of 6)  
Best time in the category: 7:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	0.85	3:40	4:18	2	0:19	2	0:19	0.85	3:40	4:18	2	0:19	2	0:19
Ilseburg/Markt	0.85	4:13	4:57	2	0:11	11	0:21	1.70	7:53	4:38	2	0:02	2	0:02