



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Emmi Hudy**

Club: Gymnasium Wernigerode  
Number: 417

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
weibliche Jugend U14 (12-13)

**Total time: 8:13**

Speed: 7.30 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 20 (of 71)

Rank in course/Women: 7 (of 33)

Best time in course: 7:51

Rank in category: 3(of 6)

Best time in the category: 7:51

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	3:53	4:34	3	0:32	4	0:32	0.85	3:53	4:34	3	0:32	4	0:32
Ilseburg/Markt	0.85	4:20	5:05	5	0:18	14	0:28	1.70	8:13	4:50	3	0:22	7	0:22