



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

**Frida Manegold**

Club: Skiclub Ilseburg e.V.  
Number: 429

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
weibliche Jugend U14 (12-13)

Total time: 8:43

Speed: 6.88 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 42 (of 71)

Rank in course/Women: 14 (of 33)

Best time in course: 7:51

Rank in category: 5 (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	4:27	5:14	4	1:06	13	1:06	0.85	4:27	5:14	4	1:06	13	1:06
Ilseburg/Markt	0.85	4:16	5:01	4	0:14	13	0:24	1.70	8:43	5:07	5	0:52	14	0:52