



41. Oster-Ilsetallauf
Ilseburg / 30.03.2024

Detailed evaluation

Elja DEKKER

Number: 385

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

weibliche Jugend U14 (12-13)

Total time: 8:56

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 45 (of 71)

Rank in course/Women: 16 (of 33)

Best time in course: 7:51

Rank in category: 6(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	4:41	5:30	6	1:20	18	1:20	0.85	4:41	5:30	6	1:20	18	1:20
Ilseburg/Markt	0.85	4:15	5:00	3	0:13	12	0:23	1.70	8:56	5:15	6	1:05	16	1:05