



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Charlotte Hellmund

Club: Grundschule Darlingerode
Number: 410

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9)

Total time: 8:47

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 44 (of 71)

Rank in course/Women: 15 (of 33)

Best time in course: 7:51

Rank in category: 3(of 12)

Best time in the category: 7:55

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	4:20	5:05	2	0:31	8	0:59	0.85	4:20	5:05	2	0:31	8	0:59
Ilseburg/Markt	0.85	4:27	5:14	3	0:29	16	0:35	1.70	8:47	5:10	3	0:52	15	0:56