



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Clara Kaufhold

Club: Grundschule Darlingerode
Number: 420

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9)

Total time: 9:19

Speed: 6.44 km/h
Running performance: 5:28 min/km

Rank in course/Total: 46 (of 71)

Rank in course/Women: 17 (of 33)

Best time in course: 7:51

Rank in category: 4(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	4:39	5:28	4	0:50	16	1:18	0.85	4:39	5:28	4	0:50	16	1:18
Ilseburg/Markt	0.85	4:40	5:29	7	0:42	21	0:48	1.70	9:19	5:28	4	1:24	17	1:28