



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Selma Hillemann

Club: Grundschule Darlingerode
Number: 412

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9)

Total time: 9:48

Speed: 6.12 km/h
Running performance: 5:45 min/km

Rank in course/Total: 54 (of 71)

Rank in course/Women: 23 (of 33)

Best time in course: 7:51

Rank in category: 7(of 12)

Best time in the category: 7:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Control	0.85	5:16	6:11	9	1:27	27	1:55	0.85	5:16	6:11	9	1:27	27	1:55
Ilseburg/Markt	0.85	4:32	5:19	4	0:34	18	0:40	1.70	9:48	5:45	7	1:53	23	1:57