



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Pauline Kaufhold

Club: Grundschule Darlingerode
Number: 421

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9)

Total time: 10:02

Speed: 10.17 km/h
Running performance: 5:54 min/km

Rank in course/Total: 56 (of 71)

Rank in course/Women: 25 (of 33)

Best time in course: 7:51

Rank in category: 9(of 12)

Best time in the category: 7:55

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Control	0.85	5:15	6:10	8	1:26	26	1:54	0.85	5:15	6:10	8	1:26	26	1:54
Ilseburg/Markt	0.85	4:47	5:37	8	0:49	24	0:55	1.70	10:02	5:54	9	2:07	25	2:11