



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Lotta Miehe

Club: Grundschule Darlingerode
Number: 433

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9)

Total time: 10:03

Speed: 5.97 km/h
Running performance: 5:54 min/km

Rank in course/Total: 57 (of 71)

Rank in course/Women: 26 (of 33)

Best time in course: 7:51

Rank in category: 10(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	5:03	5:56	7	1:14	23	1:42	0.85	5:03	5:56	7	1:14	23	1:42
Ilseburg/Markt	0.85	5:00	5:52	11	1:02	27	1:08	1.70	10:03	5:54	10	2:08	26	2:12