



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Sophia Blieblau

Club: Grundschule Darlingerode
Number: 381

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9)

Total time: 11:07

Speed: 9.18 km/h
Running performance: 6:32 min/km

Rank in course/Total: 68 (of 71)

Rank in course/Women: 33 (of 33)

Best time in course: 7:51

Rank in category: 12(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	5:41	6:41	12	1:52	32	2:20	0.85	5:41	6:41	12	1:52	32	2:20
Ilseburg/Markt	0.85	5:26	6:23	12	1:28	33	1:34	1.70	11:07	6:32	12	3:12	33	3:16