



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Sina Mikeska

Number: 436

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

weibliche Kinder U12 (10-11)

Total time: 7:58

Speed: 7.53 km/h

Running performance: 4:41 min/km

Rank in course/Total: 8 (of 71)

Rank in course/Women: 5 (of 33)

Best time in course: 7:51

Rank in category: 1(of 10)

Best time in the category: 7:58

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	3:59	4:41	2	0:06	6	0:38	0.85	3:59	4:41	2	0:06	6	0:38
Ilseburg/Markt	0.85	3:59	4:41	3	0:07	5	0:07	1.70	7:58	4:41	1	-	5	0:07