



41. Oster-Ilsetallauf  
Ilseburg / 30.03.2024

Detailed evaluation

Siris Dekker

Number: 386

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

weibliche Kinder U12 (10-11)

Total time: 10:11

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 59 (of 71)

Rank in course/Women: 27 (of 33)

Best time in course: 7:51

Rank in category: 9(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	5:05	5:58	9	1:12	24	1:44	0.85	5:05	5:58	9	1:12	24	1:44
Ilseburg/Markt	0.85	5:06	6:00	9	1:14	28	1:14	1.70	10:11	5:59	9	2:13	27	2:20