



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Lisa Deumeland

Club: Team Blau
Number: 387

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U12 (10-11)

Total time: 10:53

Speed: 5.51 km/h
Running performance: 6:24 min/km

Rank in course/Total: 66 (of 71)

Rank in course/Women: 31 (of 33)

Best time in course: 7:51

Rank in category: 10(of 10)

Best time in the category: 7:58

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	5:35	6:34	10	1:42	30	2:14	0.85	5:35	6:34	10	1:42	30	2:14
Ilseburg/Markt	0.85	5:18	6:14	10	1:26	32	1:26	1.70	10:53	6:24	10	2:55	31	3:02