



### Detailed evaluation

Lara Ostrowski

Total time: 47:00

Number: 365

Speed: 11.49 km/h

Running performance: 5:04 min/km

Course: 9.25 km

Rank in course/Total: 38 (of 91)

9 km Lauf

Rank in course/Women: 7 (of 34)

Best time in course: 34:42

Category:

Rank in category: 2(of 2)

weibliche Jugend U18 (16-17)

Best time in the category: 34:42

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Zwischenzeit I	-	7:53	-	2	1:53	9	1:53	-	7:53	-	2	1:53	9	1:53
Zwischenzeit I	-	20:59	-	2	5:06	7	5:06	-	28:52	-	2	6:59	7	6:59
Finish	9.25	18:08	-	2	5:19	7	5:19	9.25	47:00	5:04	2	12:18	7	12:18