



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Niitväli, Finnja

Club: TSG Wildemann
Number: 274

Course: 8.70 km
8,7 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 49:06

Speed: 10.63 km/h
Running performance: 5:38 min/km

Rank in course/Total: 65 (of 121)

Rank in course/Women: 21 (of 54)

Best time in course: 38:09

Rank in category: 8(of 12)

Best time in the category: 44:40

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
Abzweig Tännental	4.00	23:54	5:58	7	4:10	19	5:26	4.00	23:54	5:58	7	4:10	19	5:26
Ilseburg/Markt	4.70	25:12	5:21	7	2:22	22	5:31	8.70	49:06	5:38	8	4:26	21	10:57