



# 40. Oster-Ilsetalllauf

Ilseburg / 08.04.2023

## Detailed evaluation

Seekircher, Nina

Club: Stapelburg  
Number: 295

Course: 8.70 km  
8,7 km - Lauf

Category:  
weibliche Jugend U20 (18-19 Jahre)

Total time: 1:09:13

Speed: 6.93 km/h  
Running performance: 7:58 min/km

Rank in course/Total: 116 (of 121)

Rank in course/Women: 48 (of 54)

Best time in course: 38:09

Rank in category: 1(of 2)

Best time in the category: 1:09:13

### Intermediate times

### Stage score

### Total ranking

Control	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
Abzweig Tännental	4.00	33:30	8:22	1	-	52	15:02	4.00	33:30	8:22	1	-	52	15:02
Ilseburg/Markt	4.70	35:43	7:35	2	0:02	48	16:02	8.70	1:09:13	7:57	1	-	48	31:04