



40. Oster-Ilsetalllauf
Ilsenburg / 08.04.2023

Detailed evaluation

Mikeska, Sina

Club: Ilsenburg
Number: 394

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9 Jahre)

Total time: 9:07

Speed: 6.58 km/h
Running performance: 5:22 min/km

Rank in course/Total: 50 (of 72)

Rank in course/Women: 11 (of 23)

Best time in course: 6:58

Rank in category: 4(of 9)

Best time in the category: 8:26

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
am Blochhauer	0.85	4:33	5:21	4	0:15	11	1:02	0.85	4:33	5:21	4	0:15	11	1:02
Ilsenburg/Markt	0.85	4:34	5:22	4	0:26	12	1:08	1.70	9:07	5:21	4	0:41	11	2:09