



40. Oster-Ilsetalllauf
Ilseburg / 08.04.2023

Detailed evaluation

Elstermann, Mira Valentina

Club: Stapelburg
Number: 364

Course: 1.70 km
1,7 km - Nachwuchslauf

Category:
weibliche Kinder U10 (8-9 Jahre)

Total time: 9:10

Speed: 6.55 km/h
Running performance: 5:23 min/km

Rank in course/Total: 51 (of 72)

Rank in course/Women: 12 (of 23)

Best time in course: 6:58

Rank in category: 5(of 9)

Best time in the category: 8:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
am Blochhauer	0.85	4:39	5:28	5	0:21	12	1:08	0.85	4:39	5:28	5	0:21	12	1:08
Ilseburg/Markt	0.85	4:31	5:18	3	0:23	11	1:05	1.70	9:10	5:23	5	0:44	12	2:12