



40. Oster-Ilsetalllauf  
Ilseburg / 08.04.2023

Detailed evaluation

Roland, Amelie Charleen

Club: WSV Elbingerode  
Number: 402

Course: 1.70 km  
1,7 km - Nachwuchslauf

Category:  
weibliche Kinder U10 (8-9 Jahre)

Total time: 8:26

Speed: 7.11 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 34 (of 72)

Rank in course/Women: 7 (of 23)

Best time in course: 6:58

Rank in category: 1(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	4:18	5:03	1	-	7	0:47	0.85	4:18	5:03	1	-	7	0:47
Ilseburg/Markt	0.85	4:08	4:51	1	-	5	0:42	1.70	8:26	4:57	1	-	7	1:28