



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Amelie Charleen Roland

Club: WSV ELBINGERODE

Number: 447

Course: 1.70 km

1,7 km - Nachwuchslauf

Category:

weibliche Kinder U10 (8-9)

Total time: 7:55

Speed: 12.88 km/h

Running performance: 4:39 min/km

Rank in course/Total: 6 (of 71)

Rank in course/Women: 3 (of 33)

Best time in course: 7:51

Rank in category: 1(of 12)

Best time in the category: 7:55

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
Control	0.85	3:49	4:29	1	-	3	0:28	0.85	3:49	4:29	1	-	3	0:28
Ilseburg/Markt	0.85	4:06	4:49	2	0:08	9	0:14	1.70	7:55	4:39	1	-	3	0:04