



53. Brockenlauf  
 Ilsenburg / 07.09.2024

Detailed evaluation

Julia Dittmann

Number: 1061

Course: 3.90 km  
 3,9 km - Lauf

Category:  
 Seniorinnen W30 (30-34)

Total time: 23:50

Speed: 7.55 km/h  
 Running performance: 6:06 min/km

Rank in course/Total: 18 (of 44)

Rank in course/Women: 5 (of 21)

Best time in course: 17:03

Rank in category: 1(of 1)

Best time in the category: 23:50

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 |
| Control         | 1.90     | 12:18      | 6:28         | 1           | -           | 5         | 3:29         | 1.90          | 12:18      | 6:28         | 1        | -           | 5         | 3:29         |
| Ilsenburg/Markt | 2.00     | 11:32      | 5:46         | 1           | -           | 5         | 3:18         | 3.90          | 23:50      | 6:06         | 1        | -           | 5         | 6:47         |