



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Julia Kretinina

Club: Ekosem-Agrar  
Number: 829

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Frauen

Total time: 4:04:02

Speed: 5.90 km/h  
Running performance: 9:48 min/km

Rank in course/Total: 20 (of 70)  
Rank in course/Women: 11 (of 46)  
Best time in course: 3:23:21

Rank in category: 11(of 46)  
Best time in the category: 3:23:21

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	42:53	10:27	13	7:02	13	7:02	4.10	42:53	10:27	13	7:02	13	7:02
Plessenburg	2.40	22:40	9:26	10	3:41	10	3:41	6.50	1:05:33	10:05	11	10:34	11	10:34
Oehrenfeld	3.40	30:56	9:05	10	6:21	10	6:21	9.90	1:36:29	9:44	11	15:47	11	15:47
Ilsestein	4.80	51:00	10:37	12	9:34	12	9:34	14.70	2:27:29	10:01	12	25:08	12	25:08
Plessenburg	2.30	23:57	10:24	12	4:56	12	4:56	17.00	2:51:26	10:05	12	30:04	12	30:04
Oehrenfeld	3.40	30:22	8:55	10	9:17	10	9:17	20.40	3:21:48	9:53	11	39:13	11	39:13
Ilseburg/Markt	4.50	42:14	9:23	10	7:39	10	7:39	24.90	4:04:02	9:48	11	40:41	11	40:41