



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Krost, Astrid**

Club: Die Otternasen

Number: 8

Course: 27.00 km

Brockenlauf

Category:

Frauen W30

Total time: 3:02:30

Speed: 8.88 km/h

Running performance: 6:46 min/km

Rank in course/Total: 350 (of 403)

Rank in course/Women: 35 (of 48)

Best time in course: 2:13:18

Rank in category: 2 (of 2)

Best time in the category: 2:38:44

### 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	
Hermannsklippe	9.00	1:07:03	7:26	2	7:03	31	16:30	9.00	1:07:03	7:26	2	7:03	11		
Brocken	3.00	35:21	11:46	2	4:57	35	10:21	12.00	1:42:24	8:31	2	12:00	11		
Finish	15.00	1:20:06	5:20	2	11:46	36	22:48	27.00	3:02:30	6:45	2	23:46	35	49:12	