



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Krost, Astrid

Number: 693

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 59:59

Speed: 9.00 km/h

Running performance: 6:15 min/km

Rank in course/Total: 139 (of 175)

Rank in course/Women: 34 (of 56)

Best time in course: 40:35

Rank in category: 5(of 6)

Best time in the category: 51:57

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
Ilsestein	4.10	29:37	7:13	4	3:20	29	9:44	4.10	29:37	7:13	5	3:05	7
Loddenke	2.20	13:16	6:01	6	2:55	42	5:08	6.30	42:53	6:48	5	6:00	7
Ilseburg/Markt	3.30	17:06	5:10	4	2:02	23	4:32	9.60	59:59	6:14	5	8:02	35 19:24