



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Krost, Astrid

Club: Otternasen
Number: 805

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:03:15

Speed: 8.54 km/h

Rank in course/Total: 180 (of 208)

Rank in course/Women: 56 (of 74)

Best time in course: 41:18

Rank in category: 9(of 11)

Best time in the category: 43:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	6.30	46:49	7.69	9	16:35	63	18:24	6.30	46:49	7.69	9	16:35	63	18:24
Ilseburg/Markt	3.30	16:26	10.95	7	3:03	31	3:41	9.60	1:03:15	8.54	9	19:35	58	21:57