



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<br>km | Split<br>Time | Split<br>km/h | Stage score |                | Total ranking |               |               |             |                |              |                 |    |       |
|----------------|-------------|---------------|---------------|-------------|----------------|---------------|---------------|---------------|-------------|----------------|--------------|-----------------|----|-------|
|                |             |               |               | Pos<br>Cat. | Behind<br>Cat. | Total<br>km   | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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 |