



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Krost, Astrid

Club: Halle
Number: 848

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 59:16

Speed: 9.72 km/h
Running performance: 6:10 min/km

Rank in course/Total: 144 (of 193)

Rank in course/Women: 34 (of 57)

Best time in course: 41:44

Rank in category: 6(of 7)

Best time in the category: 42:46

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	Behind Women
Loddenke	6.30	42:24	6:43	6	12:32	36	13:40	6.30	42:24	6:43	6	12:32	36	13:40
Ilseburg/Markt	3.30	16:52	5:06	5	3:58	31	4:07	9.60	59:16	6:10	6	16:30	34	17:32