



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Elkova, Anastasia

Club: CrossTraining e.V.
Number: 513

Course: 9.60 km
Sprint

Category:
Frauen (20-29 Jahre)

Total time: 1:19:44

Speed: 6.77 km/h
Running performance: 8:19 min/km

Rank in course/Total: 351 (of 550)

Rank in course/Women: 72 (of 174)

Best time in course: 53:53

Rank in category: 14(of 53)

Best time in the category: 59:48