



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Nachtwey, Jasmin

Club: HELBING

Number: 433

Course: 9.60 km

Sprint

Category:

Frauen (20-29 Jahre)

Total time: 59:48

Speed: 9.03 km/h

Running performance: 6:14 min/km

Rank in course/Total: 50 (of 550)

Rank in course/Women: 2 (of 174)

Best time in course: 53:53

Rank in category: 1(of 53)

Best time in the category: 59:48