



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Schestakow, Natalia**

Club: schokocrossies

Number: 328

Course: 9.60 km

Sprint

Category:

Frauen (20-29 Jahre)

Total time: 1:32:38

Speed: 6.22 km/h

Running performance: 9:39 min/km

Rank in course/Total: 492 (of 550)

Rank in course/Women: 139 (of 174)

Best time in course: 53:53

Rank in category: 39(of 53)

Best time in the category: 59:48