



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

WASZAK, Natascha

Club: Bad Blankenburg
Number: 683

Course: 9.50 km
SPRINT

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:37:25

Speed: 5.54 km/h
Running performance: 10:15 min/km

Rank in course/Total: 499 (of 673)

Rank in course/Women: 159 (of 262)

Best time in course: 59:03

Rank in category: 32(of 53)

Best time in the category: 1:05:01

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|------------------|-------|---------|--------|------|--------|------|--------|-------|---------|--------|------|--------|------|--------|
| | km | Time | min/km | Cat. | Cat. | Wome | Women | km | Time | min/km | Cat. | Cat. | Wome | Women |
| Mühlburg | 8.69 | 1:19:24 | 9:08 | 30 | 24:52 | 156 | 29:51 | 8.69 | 1:19:24 | 9:08 | 30 | 24:52 | 156 | 29:51 |
| Sportplatz Mühlb | 0.81 | 18:01 | 22:14 | 38 | 7:32 | 185 | 8:31 | 9.50 | 1:37:25 | 10:15 | 32 | 32:24 | 159 | 38:22 |