



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