



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

Detailed evaluation

Albin, Lutz

Club: Erfurt

Number: 23

Course: 7.50 km

Sprintdistanz

Category:

Senioren M50 (50-54 Jahre)

Total time: 43:25

Speed: 9.67 km/h

Running performance: 05:47 min/km

Rank in course/Total: 10 (of 38)

Rank in course/Men: 10 (of 24)

Best time in course: 34:47

Rank in category: 1(of 2)

Best time in the category: 43:25

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwedenschanz	-	7:16	-	1	-	10	1:12	-	7:16	-	1	-	16	
Schwedenschanz	-	1:11	-	1	-	10	0:14	-	8:27	-	1	-	16	
Schlammkuß Ein	-	9:48	-	2	0:35	11	1:47	-	18:15	-	1	-	16	
Schlammkuß Aus	-	0:10	-	1	-	20	0:06	-	18:25	-	1	-	16	
Reifenstapel Eins	-	4:41	-	2	0:14	11	0:50	-	23:06	-	1	-	16	
Reifenstapel Aus	-	0:14	-	1	-	21	0:07	-	23:20	-	1	-	16	
Bahngleise Einsti	-	10:39	-	1	-	10	2:23	-	33:59	-	1	-	16	
Bahngleise Ausst	-	1:21	-	1	-	11	0:18	-	35:20	-	1	-	15	
Wassergraben Ei	-	2:24	-	1	-	12	0:34	-	37:44	-	1	-	16	
Wassergraben Ai	-	0:28	-	1	-	14	0:07	-	38:12	-	1	-	16	
Blumenstraße	7.50	5:13	-	1	-	13	1:18	7.50	43:25	5:47	1	-	10	8:38