



# King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

## Detailed evaluation

**Lorenz, Jan**

Club: Erfurt

Number: 5

Course: 7.50 km

Sprintdistanz

Category:

Männer (20-29 Jahre)

Total time: 48:07

Speed: 8.73 km/h

Running performance: 06:25 min/km

Rank in course/Total: 17 (of 38)

Rank in course/Men: 15 (of 24)

Best time in course: 34:47

Rank in category: 3(of 4)

Best time in the category: 37:57

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwedenschanz	-	7:52	-	3	1:45	15	1:48	-	7:52	-	3	1:45	11		
Schwedenschanz	-	1:14	-	3	0:11	14	0:17	-	9:06	-	3	1:56	11		
Schlammkuß Ein	-	10:59	-	3	2:10	15	2:58	-	20:05	-	3	4:04	11	0:37	
Schlammkuß Aus	-	0:09	-	3	0:04	18	0:05	-	20:14	-	3	4:08	11	0:41	
Reifenstapel Eins	-	5:26	-	3	1:09	16	1:35	-	25:40	-	3	5:17	11	1:13	
Reifenstapel Aus	-	0:10	-	2	0:01	11	0:03	-	25:50	-	3	5:18	11	1:12	
Bahngleise Einsti	-	12:02	-	3	2:26	16	3:46	-	37:52	-	3	7:44	11	1:50	
Bahngleise Ausst	-	1:24	-	3	0:19	13	0:21	-	39:16	-	3	8:03	10	2:16	
Wassergraben Ei	-	2:44	-	3	0:39	17	0:54	-	42:00	-	3	8:42	11	2:07	
Wassergraben Ai	-	0:26	-	2	0:03	6	0:05	-	42:26	-	3	8:45	11	2:06	
Blumenstraße	7.50	5:41	-	3	1:25	17	1:46	7.50	48:07	6:24	3	10:10	15	13:20	