



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

Detailed evaluation

Jüngling, Conni

Club: Sportfundgrube Rudolstadt
Number: 36

Course: 7.50 km
Sprintdistanz

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 53:11

Speed: 7.90 km/h
Running performance: 07:05 min/km

Rank in course/Total: 30 (of 38)

Rank in course/Women: 10 (of 14)

Best time in course: 44:22

Rank in category: 3(of 4)

Best time in the category: 49:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwedenschanz	-	9:00	-	3	1:10	9	1:12	-	9:00	-	3	1:10	6	1:09
Schwedenschanz	-	1:41	-	4	0:29	13	0:29	-	10:41	-	3	1:39	6	1:37
Schlammkuß Ein	-	12:27	-	3	1:06	11	2:18	-	23:08	-	3	2:12	6	3:55
Schlammkuß Aus	-	0:10	-	3	0:05	9	0:05	-	23:18	-	3	2:17	6	4:00
Reifenstapel Eins	-	6:04	-	3	0:57	10	1:09	-	29:22	-	3	3:14	6	5:09
Reifenstapel Aus	-	0:15	-	4	0:08	12	0:08	-	29:37	-	3	3:22	6	5:13
Bahngleise Einsti	-	12:41	-	3	0:50	6	1:44	-	42:18	-	3	3:44	6	6:57
Bahngleise Ausst	-	1:41	-	4	0:10	10	0:24	-	43:59	-	3	3:54	6	7:21
Wassergraben Ei	-	2:54	-	3	0:06	6	0:31	-	46:53	-	3	4:00	6	7:52
Wassergraben Ai	-	0:35	-	4	0:05	12	0:09	-	47:28	-	3	4:05	6	7:58
Blumenstraße	7.50	5:43	-	1	-	5	0:51	7.50	53:11	7:05	3	3:53	10	8:49