



# King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

## Detailed evaluation

### Schirlitz, Frances

Club: Go Your Own Way  
Number: 32

Course: 7.50 km  
Sprintdistanz

Category:  
Senioren M35 (35-39 Jahre)

Total time: 52:25

Speed: 8.59 km/h  
Running performance: 06:59 min/km

Rank in course/Total: 26 (of 38)

Rank in course/Men: 19 (of 24)

Best time in course: 34:47

Rank in category: 6(of 6)

Best time in the category: 35:54

Control	Intermediate times				Stage score				Total ranking					
	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	-	8:54	-	6	2:43	21	2:50	-	8:54	-	6	2:43	7	0:59
Schwedenschanz	-	1:35	-	6	0:35	24	0:38	-	10:29	-	6	3:18	7	1:21
Schlammkuß Ein	-	12:53	-	6	4:32	22	4:52	-	23:22	-	6	7:50	7	3:54
Schlammkuß Aus	-	0:08	-	4	0:03	14	0:04	-	23:30	-	6	7:53	7	3:57
Reifenstapel Eins	-	5:52	-	6	1:51	19	2:01	-	29:22	-	6	9:44	7	4:55
Reifenstapel Aus	-	0:16	-	6	0:09	24	0:09	-	29:38	-	6	9:51	7	5:00
Bahngleise Einsti	-	12:02	-	5	3:04	16	3:46	-	41:40	-	6	12:55	7	5:38
Bahngleise Ausst	-	1:31	-	5	0:28	18	0:28	-	43:11	-	6	13:23	6	6:11
Wassergraben Ei	-	2:57	-	6	1:07	20	1:07	-	46:08	-	6	14:30	7	6:15
Wassergraben Ai	-	0:29	-	5	0:08	17	0:08	-	46:37	-	6	14:38	7	6:17
Blumenstraße	7.50	5:48	-	6	1:53	20	1:53	7.50	52:25	6:59	6	16:31	19	17:38