



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: 8.01 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

Intermediate times

Stage score

Total ranking

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