



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

Detailed evaluation

Blümel, Susan

Club: AC Apolda

Number: 27

Course: 7.50 km

Sprintdistanz

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 52:52

Speed: 7.94 km/h

Running performance: 07:03 min/km

Rank in course/Total: 28 (of 38)

Rank in course/Women: 8 (of 14)

Best time in course: 44:22

Rank in category: 1(of 2)

Best time in the category: 52:52

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwedenschanz	-	8:45	-	1	-	6	0:57	-	8:45	-	1	-	9	0:54
Schwedenschanz	-	1:28	-	1	-	6	0:16	-	10:13	-	1	-	9	1:09
Schlammkuß Ein	-	12:22	-	1	-	8	2:13	-	22:35	-	1	-	9	3:22
Schlammkuß Aus	-	0:05	-	1	-	1	-	-	22:40	-	1	-	9	3:22
Reifenstapel Eins	-	5:59	-	1	-	9	1:04	-	28:39	-	1	-	9	4:26
Reifenstapel Aus	-	0:13	-	1	-	7	0:06	-	28:52	-	1	-	9	4:28
Bahngleise Einsti	-	12:47	-	2	0:09	9	1:50	-	41:39	-	1	-	9	6:18
Bahngleise Ausst	-	1:30	-	1	-	3	0:13	-	43:09	-	1	-	9	6:31
Wassergraben Ei	-	3:03	-	1	-	10	0:40	-	46:12	-	1	-	9	7:11
Wassergraben Ai	-	0:34	-	1	-	9	0:08	-	46:46	-	1	-	9	7:16
Blumenstraße	7.50	6:06	-	2	0:29	10	1:14	7.50	52:52	7:02	1	-	8	8:30