



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

Detailed evaluation

Sturm, Jens

Club: Erfurt

Number: 24

Course: 7.50 km

Sprintdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 36:03

Speed: 11.65 km/h

Running performance: 04:49 min/km

Rank in course/Total: 3 (of 38)

Rank in course/Men: 3 (of 24)

Best time in course: 34:47

Rank in category: 1(of 4)

Best time in the category: 36:03

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	-	6:15	-	1	-	4	0:11	-	6:15	-	1	-	23	
Schwedenschanz	-	1:01	-	1	-	3	0:04	-	7:16	-	1	-	23	
Schlammkuß Ein	-	8:16	-	1	-	2	0:15	-	15:32	-	1	-	23	
Schlammkuß Aus	-	0:05	-	1	-	2	0:01	-	15:37	-	1	-	23	
Reifenstapel Eins	-	4:01	-	1	-	2	0:10	-	19:38	-	1	-	23	
Reifenstapel Aus	-	0:11	-	3	0:04	14	0:04	-	19:49	-	1	-	23	
Bahngleise Einsti	-	8:47	-	1	-	2	0:31	-	28:36	-	1	-	23	
Bahngleise Ausst	-	1:09	-	2	0:04	6	0:06	-	29:45	-	1	-	22	
Wassergraben Ei	-	1:56	-	1	-	2	0:06	-	31:41	-	1	-	23	
Wassergraben Ai	-	0:25	-	1	-	4	0:04	-	32:06	-	1	-	23	
Blumenstraße	7.50	3:57	-	1	-	2	0:02	7.50	36:03	4:48	1	-	3	1:16