



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

Detailed evaluation

Arnold, Jacqueline

Club: Getting Tough

Number: 29

Course: 7.50 km

Sprintdistanz

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 53:12

Speed: 8.46 km/h

Running performance: 07:05 min/km

Rank in course/Total: 31 (of 38)

Rank in course/Women: 11 (of 14)

Best time in course: 44:22

Rank in category: 2(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. | Stage score | | Total ranking | | | | | | |
|-------------------|----------|------------|--------------|----------|-------------|-------------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Schwedenschanz | - | 9:05 | - | 2 | 0:20 | 10 | 1:17 | - | 9:05 | - | 2 | 0:20 | 10 | 1:14 |
| Schwedenschanz | - | 1:29 | - | 2 | 0:01 | 8 | 0:17 | - | 10:34 | - | 2 | 0:21 | 10 | 1:30 |
| Schlammkuß Ein | - | 12:23 | - | 2 | 0:01 | 9 | 2:14 | - | 22:57 | - | 2 | 0:22 | 10 | 3:44 |
| Schlammkuß Aus | - | 0:08 | - | 2 | 0:03 | 6 | 0:03 | - | 23:05 | - | 2 | 0:25 | 10 | 3:47 |
| Reifenstapel Eins | - | 6:11 | - | 2 | 0:12 | 12 | 1:16 | - | 29:16 | - | 2 | 0:37 | 8 | 5:03 |
| Reifenstapel Aus | - | 0:15 | - | 2 | 0:02 | 12 | 0:08 | - | 29:31 | - | 2 | 0:39 | 10 | 5:07 |
| Bahngleise Einsti | - | 12:38 | - | 1 | - | 5 | 1:41 | - | 42:09 | - | 2 | 0:30 | 10 | 6:48 |
| Bahngleise Ausst | - | 1:44 | - | 2 | 0:14 | 12 | 0:27 | - | 43:53 | - | 2 | 0:44 | 10 | 7:15 |
| Wassergraben Ei | - | 3:05 | - | 2 | 0:02 | 11 | 0:42 | - | 46:58 | - | 2 | 0:46 | 10 | 7:57 |
| Wassergraben Ai | - | 0:37 | - | 2 | 0:03 | 13 | 0:11 | - | 47:35 | - | 2 | 0:49 | 10 | 8:05 |
| Blumenstraße | 7.50 | 5:37 | - | 1 | - | 4 | 0:45 | 7.50 | 53:12 | 7:05 | 2 | 0:20 | 11 | 8:50 |