



# 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: 7.89 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