



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

Detailed evaluation

Leitgeb, Nancy

Club: Erfurt
Number: 43

Course: 7.50 km
Sprintdistanz

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:07:50

Speed: 6.19 km/h
Running performance: 09:02 min/km

Rank in course/Total: 37 (of 38)

Rank in course/Women: 14 (of 14)

Best time in course: 44:22

Rank in category: 5(of 5)

Best time in the category: 45:26

Control	Intermediate times				Stage score				Total ranking					
	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	-	12:37	-	5	4:49	14	4:49	-	12:37	-	5	4:49	14	4:46
Schwedenschanz	-	4:31	-	5	3:18	14	3:19	-	17:08	-	5	8:07	14	8:04
Schlammkuß Ein	-	14:31	-	5	3:57	14	4:22	-	31:39	-	5	12:04	14	12:26
Schlammkuß Aus	-	0:10	-	3	0:05	9	0:05	-	31:49	-	5	12:09	14	12:31
Reifenstapel Eins	-	7:27	-	5	2:23	14	2:32	-	39:16	-	5	14:32	14	15:03
Reifenstapel Aus	-	0:14	-	2	0:04	9	0:07	-	39:30	-	5	14:36	14	15:06
Bahngleise Einsti	-	15:16	-	4	4:14	13	4:19	-	54:46	-	5	18:50	14	19:25
Bahngleise Ausst	-	1:46	-	4	0:20	13	0:29	-	56:32	-	5	19:10	14	19:54
Wassergraben Ei	-	3:34	-	5	1:03	14	1:11	-	1:00:06	-	5	20:13	14	21:05
Wassergraben Ai	-	0:39	-	5	0:13	14	0:13	-	1:00:45	-	5	20:26	14	21:15
Blumenstraße	7.50	7:05	-	5	1:58	14	2:13	7.50	1:07:50	9:02	5	22:24	14	23:28