



# 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: 6.63 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        |  |  |