



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

Detailed evaluation

Spaeth, Timo

Club: NightRun Coburg RunningBros
Number: 1003

Course: 15.00 km
Mitteldistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:18:30

Speed: 11.46 km/h
Running performance: 05:14 min/km

Rank in course/Total: 6 (of 54)

Rank in course/Men: 6 (of 45)

Best time in course: 1:04:04

Rank in category: 2(of 8)

Best time in the category: 1:17:34

| Intermediate times | | | | | | | | Stage score | | | | Total ranking | | | |
|--------------------|----------|------------|--------------|----------|-------------|---------|------------|-------------|------------|--------------|----------|---------------|---------|------------|--|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Schwedenschanz | - | 6:33 | - | 2 | 0:17 | 12 | 1:07 | - | 6:33 | - | 2 | 0:17 | 29 | | |
| Schwedenschanz | - | 1:07 | - | 3 | 0:09 | 17 | 0:12 | - | 7:40 | - | 2 | 0:26 | 29 | | |
| Schlammkuß Ein | - | 9:03 | - | 2 | 0:37 | 8 | 1:50 | - | 16:43 | - | 2 | 1:03 | 29 | | |
| Schlammkuß Aus | - | 0:09 | - | 7 | 0:04 | 27 | 0:05 | - | 16:52 | - | 2 | 1:07 | 29 | | |
| Reifenstapel Eins | - | 4:16 | - | 2 | 0:09 | 7 | 0:59 | - | 21:08 | - | 2 | 1:16 | 29 | | |
| Reifenstapel Aus | - | 0:09 | - | 3 | 0:02 | 12 | 0:03 | - | 21:17 | - | 2 | 1:18 | 29 | | |
| Bahngleise Einsti | - | 9:05 | - | 1 | - | 3 | 1:25 | - | 30:22 | - | 2 | 1:08 | 29 | | |
| Bahngleise Ausst | - | 1:04 | - | 2 | 0:02 | 6 | 0:03 | - | 31:26 | - | 2 | 1:10 | 29 | | |
| Wassergraben Ei | - | 2:00 | - | 2 | 0:01 | 5 | 0:02 | - | 33:26 | - | 2 | 1:11 | 29 | | |
| Wassergraben Ai | - | 0:24 | - | 3 | 0:06 | 11 | 0:06 | - | 33:50 | - | 2 | 1:12 | 29 | | |
| Zwischenzeit Rur | - | 4:51 | - | 1 | - | 3 | 1:02 | - | 38:41 | - | 2 | 0:31 | 29 | | |
| Schwedenschanz | - | 7:43 | - | 2 | 0:04 | 12 | 1:47 | - | 46:24 | - | 2 | | 29 | | |
| Schwedenschanz | - | 1:10 | - | 4 | 0:15 | 16 | 0:18 | - | 47:34 | - | 2 | | 29 | | |
| Schlammkuß Ein | - | 8:46 | - | 2 | 0:25 | 4 | 1:38 | - | 56:20 | - | 2 | 0:19 | 29 | | |
| Schlammkuß Aus | - | 0:08 | - | 4 | 0:03 | 24 | 0:04 | - | 56:28 | - | 2 | 0:22 | 29 | | |
| Reifenstapel Eins | - | 4:34 | - | 2 | 0:39 | 11 | 1:08 | - | 1:01:02 | - | 2 | 1:01 | 29 | | |
| Reifenstapel Aus | - | 0:11 | - | 6 | 0:06 | 33 | 0:06 | - | 1:01:13 | - | 2 | 1:07 | 29 | | |
| Bahngleise Einsti | - | 9:15 | - | 1 | - | 3 | 1:29 | - | 1:10:28 | - | 2 | 1:00 | 29 | | |
| Bahngleise Ausst | - | 1:06 | - | 2 | 0:09 | 6 | 0:09 | - | 1:11:34 | - | 2 | 1:09 | 29 | | |
| Wassergraben Ei | - | 2:15 | - | 3 | 0:14 | 11 | 0:40 | - | 1:13:49 | - | 2 | 1:23 | 29 | | |
| Wassergraben Ai | - | 0:24 | - | 2 | 0:03 | 4 | 0:04 | - | 1:14:13 | - | 2 | 1:26 | 29 | | |
| Blumenstraße | 15.00 | 4:17 | - | 1 | - | 3 | 0:41 | 15.00 | 1:18:30 | 5:14 | 2 | 0:56 | 6 | 14:26 | |