



# King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

## Detailed evaluation

**Bender, Michael**

Club: Erfurt

Number: 17

Course: 7.50 km

Sprintdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:48

Speed: 10.29 km/h

Running performance: 05:26 min/km

Rank in course/Total: 9 (of 38)

Rank in course/Men: 9 (of 24)

Best time in course: 34:47

Rank in category: 3(of 4)

Best time in the category: 36:03

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men
Schwedenschanz	-	6:55	-	3	0:40	7	0:51	-	6:55	-	3	0:40	17
Schwedenschanz	-	1:04	-	2	0:03	6	0:07	-	7:59	-	3	0:43	17
Schlammkuß Ein	-	9:13	-	3	0:57	9	1:12	-	17:12	-	3	1:40	17
Schlammkuß Aus	-	0:05	-	1	-	2	0:01	-	17:17	-	3	1:40	17
Reifenstapel Eins	-	4:28	-	2	0:27	9	0:37	-	21:45	-	3	2:07	17
Reifenstapel Aus	-	0:08	-	2	0:01	5	0:01	-	21:53	-	3	2:04	17
Bahngleise Einsti	-	10:27	-	3	1:40	9	2:11	-	32:20	-	3	3:44	17
Bahngleise Ausst	-	1:05	-	1	-	2	0:02	-	33:25	-	3	3:40	16
Wassergraben Ei	-	2:16	-	3	0:20	7	0:26	-	35:41	-	3	4:00	17
Wassergraben Ai	-	0:28	-	3	0:03	14	0:07	-	36:09	-	3	4:03	17
Blumenstraße	7.50	4:39	-	3	0:42	8	0:44	7.50	40:48	5:26	3	4:45	9 6:01