



# King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

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Hinkelthein, Danny

□□□: 45:22

□□: Gera

□□: 9.92 km/h

□□: 21

□□□□: 06:03 min/km

□□: 7.50 km

□□□□□/□□□: 13 (of 38)

Sprintdistanz

□□□□□/□: 12 (of 24)

□□□□□□: 34:47

□□□□:

□□□□□: 3(of 6)

Senioren M35 (35-39 Jahre)

□□□□□□□: 35:54

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwedenschanz    | -        | 7:27     | -            | 3       | 1:16    | 12      | 1:23    | -    | 7:27      | -         | 3             | 1:16    | 14      |         |         |
| Schwedenschanz    | -        | 1:14     | -            | 5       | 0:14    | 14      | 0:17    | -    | 8:41      | -         | 3             | 1:30    | 14      |         |         |
| Schlammkuß Ein    | -        | 10:09    | -            | 3       | 1:48    | 12      | 2:08    | -    | 18:50     | -         | 3             | 3:18    | 14      |         |         |
| Schlammkuß Aus    | -        | 0:08     | -            | 4       | 0:03    | 14      | 0:04    | -    | 18:58     | -         | 3             | 3:21    | 14      |         |         |
| Reifenstapel Eins | -        | 5:01     | -            | 4       | 1:00    | 14      | 1:10    | -    | 23:59     | -         | 3             | 4:21    | 14      |         |         |
| Reifenstapel Aus  | -        | 0:11     | -            | 4       | 0:04    | 14      | 0:04    | -    | 24:10     | -         | 3             | 4:23    | 14      |         |         |
| Bahngleise Einsti | -        | 11:25    | -            | 4       | 2:27    | 14      | 3:09    | -    | 35:35     | -         | 3             | 6:50    | 14      |         |         |
| Bahngleise Ausst  | -        | 1:25     | -            | 3       | 0:22    | 15      | 0:22    | -    | 37:00     | -         | 3             | 7:12    | 1       | -       |         |
| Wassergraben Ei   | -        | 2:29     | -            | 4       | 0:39    | 14      | 0:39    | -    | 39:29     | -         | 3             | 7:51    | 14      |         |         |
| Wassergraben Ai   | -        | 0:27     | -            | 3       | 0:06    | 10      | 0:06    | -    | 39:56     | -         | 3             | 7:57    | 14      |         |         |
| Blumenstraße      | 7.50     | 5:26     | -            | 4       | 1:31    | 14      | 1:31    | 7.50 | 45:22     | 6:02      | 3             | 9:28    | 12      | 10:35   |         |