



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

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Leitgebeld, Nancy

□□: Erfurt

□□: 43

□□: 7.50 km

Sprintdistanz

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 1:07:50

□□: 6.19 km/h

□□□□: 09:02 min/km

□□□□□/□□□: 37 (of 38)

□□□□□/□: 14 (of 14)

□□□□□□: 44:22

□□□□□: 5(of 5)

□□□□□□□: 45:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | |
|-------------------|----------|-----------------|---------|---------|---------|---------|------|-----------|------------------|---------|---------|---------|---------|-------|
| 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 |