



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

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Merschel, Dirk

□□: FSV 06 Ohratal

□□: 1009

□□: 15.00 km

Mitteldistanz

□□□□:

Männer (20-29 Jahre)

□□□: 1:19:05

□□: 11.38 km/h

□□□□: 05:16 min/km

□□□□□/□□□□: 7 (of 54)

□□□□□/□: 7 (of 45)

□□□□□□: 1:04:04

□□□□□: 1(of 16)

□□□□□□□: 1:19:05

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ min/km | □□□ - | □□□ - | □□□ □ | □□□ □ | |
|-------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|----------|----------|----------|---------|
| Schwedenschanz | - | 6:10 | - | 1 | - | 3 | 0:44 | - | 6:10 | - | 1 | - | 30 |
| Schwedenschanz | - | 1:01 | - | 1 | - | 6 | 0:06 | - | 7:11 | - | 1 | - | 30 |
| Schlammkuß Ein | - | 8:47 | - | 1 | - | 7 | 1:34 | - | 15:58 | - | 1 | - | 30 |
| Schlammkuß Aus | - | 0:06 | - | 5 | 0:02 | 10 | 0:02 | - | 16:04 | - | 1 | - | 30 |
| Reifenstapel Eins | - | 4:17 | - | 1 | - | 8 | 1:00 | - | 20:21 | - | 1 | - | 30 |
| Reifenstapel Aus | - | 0:07 | - | 3 | 0:01 | 3 | 0:01 | - | 20:28 | - | 1 | - | 30 |
| Bahngleise Einsti | - | 9:38 | - | 1 | - | 9 | 1:58 | - | 30:06 | - | 1 | - | 30 |
| Bahngleise Ausst | - | 1:05 | - | 1 | - | 7 | 0:04 | - | 31:11 | - | 1 | - | 30 |
| Wassergraben Ei | - | 2:06 | - | 3 | 0:03 | 11 | 0:08 | - | 33:17 | - | 1 | - | 30 |
| Wassergraben Ai | - | 0:23 | - | 2 | 0:01 | 5 | 0:05 | - | 33:40 | - | 1 | - | 30 |
| Zwischenzeit Rur | - | 4:57 | - | 1 | - | 7 | 1:08 | - | 38:37 | - | 1 | - | 30 |
| Schwedenschanz | - | 7:27 | - | 1 | - | 5 | 1:31 | - | 46:04 | - | 1 | - | 30 |
| Schwedenschanz | - | 1:13 | - | 8 | 0:10 | 23 | 0:21 | - | 47:17 | - | 1 | - | 30 |
| Schlammkuß Ein | - | 9:29 | - | 1 | - | 9 | 2:21 | - | 56:46 | - | 1 | - | 30 |
| Schlammkuß Aus | - | 0:06 | - | 6 | 0:02 | 12 | 0:02 | - | 56:52 | - | 1 | - | 30 |
| Reifenstapel Eins | - | 4:31 | - | 3 | 0:04 | 10 | 1:05 | - | 1:01:23 | - | 1 | - | 30 |
| Reifenstapel Aus | - | 0:06 | - | 1 | - | 2 | 0:01 | - | 1:01:29 | - | 1 | - | 30 |
| Bahngleise Einsti | - | 9:41 | - | 3 | 0:24 | 10 | 1:55 | - | 1:11:10 | - | 1 | - | 30 |
| Bahngleise Ausst | - | 1:06 | - | 1 | - | 6 | 0:09 | - | 1:12:16 | - | 1 | - | 30 |
| Wassergraben Ei | - | 2:04 | - | 1 | - | 6 | 0:29 | - | 1:14:20 | - | 1 | - | 30 |
| Wassergraben Ai | - | 0:26 | - | 4 | 0:02 | 13 | 0:06 | - | 1:14:46 | - | 1 | - | 30 |
| Blumenstraße | 15.00 | 4:19 | - | 1 | - | 4 | 0:43 | 15.00 | 1:19:05 | 5:16 | 1 | - | 7 15:01 |