



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

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Kleinschmidt, Mario

□□□: 39:36

□□: Hainichläufer Mühlhausen

□□: 10.61 km/h

□□: 22

□□□□: 05:17 min/km

□□: 7.50 km

□□□□□/□□□: 6 (of 38)

Sprintdistanz

□□□□□/□: 6 (of 24)

□□□□□□: 34:47

□□□□:

□□□□□: 2(of 4)

Senioren M45 (45-49 Jahre)

□□□□□□□: 36:03

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|-----------------|---------|---------|---------|---------|------|-----------|------------------|---------|---------|---------|---------|
| Schwedenschanz | - | 6:31 | - | 2 | 0:16 | 6 | 0:27 | - | 6:31 | - | 2 | 0:16 | 20 |
| Schwedenschanz | - | 1:05 | - | 3 | 0:04 | 8 | 0:08 | - | 7:36 | - | 2 | 0:20 | 20 |
| Schlammkuß Ein | - | 9:06 | - | 2 | 0:50 | 8 | 1:05 | - | 16:42 | - | 2 | 1:10 | 20 |
| Schlammkuß Aus | - | 0:07 | - | 3 | 0:02 | 12 | 0:03 | - | 16:49 | - | 2 | 1:12 | 20 |
| Reifenstapel Eins | - | 4:28 | - | 2 | 0:27 | 9 | 0:37 | - | 21:17 | - | 2 | 1:39 | 20 |
| Reifenstapel Aus | - | 0:07 | - | 1 | - | 1 | - | - | 21:24 | - | 2 | 1:35 | 20 |
| Bahngleise Einsti | - | 9:51 | - | 2 | 1:04 | 7 | 1:35 | - | 31:15 | - | 2 | 2:39 | 20 |
| Bahngleise Ausst | - | 1:11 | - | 3 | 0:06 | 8 | 0:08 | - | 32:26 | - | 2 | 2:41 | 19 |
| Wassergraben Ei | - | 2:14 | - | 2 | 0:18 | 6 | 0:24 | - | 34:40 | - | 2 | 2:59 | 20 |
| Wassergraben Ai | - | 0:27 | - | 2 | 0:02 | 10 | 0:06 | - | 35:07 | - | 2 | 3:01 | 20 |
| Blumenstraße | 7.50 | 4:29 | - | 2 | 0:32 | 6 | 0:34 | 7.50 | 39:36 | 5:16 | 2 | 3:33 | 6 4:49 |