



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

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Jung, Torsten

□□: Argi+ Weidatalmarathon

□□: 4

□□: 7.50 km

Sprintdistanz

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 39:41

□□: 10.58 km/h

□□□□: 05:17 min/km

□□□□□/□□□: 7 (of 38)

□□□□□/□: 7 (of 24)

□□□□□□: 34:47

□□□□□: 2(of 6)

□□□□□□□: 35:54

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□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|-----------------|---------|---------|---------|---------|------|-----------|------------------|---------|---------|---------|---------|
| Schwedenschanz | - | 7:12 | - | 2 | 1:01 | 8 | 1:08 | - | 7:12 | - | 2 | 1:01 | 19 |
| Schwedenschanz | - | 1:04 | - | 2 | 0:04 | 6 | 0:07 | - | 8:16 | - | 2 | 1:05 | 19 |
| Schlammkuß Ein | - | 9:03 | - | 2 | 0:42 | 7 | 1:02 | - | 17:19 | - | 2 | 1:47 | 19 |
| Schlammkuß Aus | - | 0:07 | - | 3 | 0:02 | 12 | 0:03 | - | 17:26 | - | 2 | 1:49 | 19 |
| Reifenstapel Eins | - | 4:20 | - | 2 | 0:19 | 6 | 0:29 | - | 21:46 | - | 2 | 2:08 | 19 |
| Reifenstapel Aus | - | 0:08 | - | 2 | 0:01 | 5 | 0:01 | - | 21:54 | - | 2 | 2:07 | 19 |
| Bahngleise Einsti | - | 9:25 | - | 2 | 0:27 | 4 | 1:09 | - | 31:19 | - | 2 | 2:34 | 19 |
| Bahngleise Ausst | - | 1:08 | - | 2 | 0:05 | 5 | 0:05 | - | 32:27 | - | 2 | 2:39 | 18 |
| Wassergraben Ei | - | 2:10 | - | 2 | 0:20 | 5 | 0:20 | - | 34:37 | - | 2 | 2:59 | 19 |
| Wassergraben Ai | - | 0:26 | - | 2 | 0:05 | 6 | 0:05 | - | 35:03 | - | 2 | 3:04 | 19 |
| Blumenstraße | 7.50 | 4:38 | - | 2 | 0:43 | 7 | 0:43 | 7.50 | 39:41 | 5:17 | 2 | 3:47 | 7 4:54 |