



King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

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Albrecht, Dirk

□□: Worbis

□□: 1046

□□: 15.00 km

Mitteldistanz

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:43:41

□□: 8.68 km/h

□□□□: 06:55 min/km

□□□□□/□□□□: 42 (of 54)

□□□□□/□: 38 (of 45)

□□□□□□: 1:04:04

□□□□□: 4(of 4)

□□□□□□□: 1:27:47

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ min/km | □□□ - | □□□ - | □□□ □ | □□□ □ | | |
|-------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|----------|----------|----------|----|-------|
| Schwedenschanz | - | 7:53 | - | 3 | 0:52 | 31 | 2:27 | - | 7:53 | - | 4 | 0:52 | 16 | |
| Schwedenschanz | - | 1:14 | - | 3 | 0:09 | 32 | 0:19 | - | 9:07 | - | 4 | 1:01 | 16 | |
| Schlammkuß Ein | - | 10:48 | - | 3 | 1:36 | 30 | 3:35 | - | 19:55 | - | 4 | 2:37 | 16 | |
| Schlammkuß Aus | - | 0:07 | - | 1 | - | 14 | 0:03 | - | 20:02 | - | 4 | 2:35 | 16 | |
| Reifenstapel Eins | - | 5:15 | - | 3 | 0:48 | 33 | 1:58 | - | 25:17 | - | 4 | 3:23 | 16 | |
| Reifenstapel Aus | - | 0:13 | - | 1 | - | 37 | 0:07 | - | 25:30 | - | 4 | 3:21 | 16 | |
| Bahngleise Einsti | - | 12:03 | - | 4 | 1:25 | 36 | 4:23 | - | 37:33 | - | 4 | 4:46 | 16 | |
| Bahngleise Ausst | - | 1:23 | - | 2 | 0:11 | 31 | 0:22 | - | 38:56 | - | 4 | 4:57 | 16 | |
| Wassergraben Ei | - | 2:40 | - | 4 | 0:24 | 37 | 0:42 | - | 41:36 | - | 4 | 5:21 | 16 | |
| Wassergraben Ai | - | 0:28 | - | 2 | 0:02 | 30 | 0:10 | - | 42:04 | - | 4 | 5:23 | 16 | |
| Zwischenzeit Rur | - | 6:01 | - | 3 | 0:49 | 33 | 2:12 | - | 48:05 | - | 4 | 6:12 | 16 | |
| Schwedenschanz | - | 10:15 | - | 4 | 1:52 | 41 | 4:19 | - | 58:20 | - | 4 | 8:04 | 16 | |
| Schwedenschanz | - | 1:20 | - | 3 | 0:07 | 38 | 0:28 | - | 59:40 | - | 4 | 8:11 | 16 | |
| Schlammkuß Ein | - | 12:25 | - | 4 | 2:29 | 41 | 5:17 | - | 1:12:05 | - | 4 | 10:40 | 16 | 0:05 |
| Schlammkuß Aus | - | 0:11 | - | 2 | 0:04 | 40 | 0:07 | - | 1:12:16 | - | 4 | 10:44 | 16 | 0:09 |
| Reifenstapel Eins | - | 6:14 | - | 4 | 1:17 | 39 | 2:48 | - | 1:18:30 | - | 4 | 12:01 | 16 | 0:32 |
| Reifenstapel Aus | - | 0:12 | - | 1 | - | 35 | 0:07 | - | 1:18:42 | - | 4 | 12:00 | 16 | 0:31 |
| Bahngleise Einsti | - | 13:31 | - | 4 | 2:29 | 39 | 5:45 | - | 1:32:13 | - | 4 | 14:29 | 16 | 1:35 |
| Bahngleise Ausst | - | 1:37 | - | 4 | 0:26 | 39 | 0:40 | - | 1:33:50 | - | 4 | 14:55 | 16 | 1:42 |
| Wassergraben Ei | - | 3:05 | - | 4 | 0:46 | 38 | 1:30 | - | 1:36:55 | - | 4 | 15:41 | 16 | 1:51 |
| Wassergraben Ai | - | 0:36 | - | 4 | 0:10 | 41 | 0:16 | - | 1:37:31 | - | 4 | 15:48 | 16 | 1:59 |
| Blumenstraße | 15.00 | 6:10 | - | 4 | 0:46 | 41 | 2:34 | 15.00 | 1:43:41 | 6:54 | 4 | 15:54 | 38 | 39:37 |