



# King of Cross - Crosslauf Erfurt 2014

Erfurt / 26.10.2014

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Possner, Nico

□□□: 1:51:49

□□: 1050

□□: 8.05 km/h

□□□□: 07:27 min/km

□□: 15.00 km

□□□□□/□□□: 47 (of 54)

Mitteldistanz

□□□□□/□: 43 (of 45)

□□□□□□: 1:04:04

□□□□:

□□□□□: 8(of 8)

Senioren M35 (35-39 Jahre)

□□□□□□□: 1:17:34

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□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Schwedenschanz    | -        | 10:22    | -            | 8       | 4:06    | 44      | 4:56    | -     | 10:22   | -    | 8       | 4:06    | 21      | 2:07    |
| Schwedenschanz    | -        | 1:31     | -            | 8       | 0:33    | 43      | 0:36    | -     | 11:53   | -    | 8       | 4:39    | 21      | 2:22    |
| Schlammkuß Ein    | -        | 14:24    | -            | 8       | 5:58    | 44      | 7:11    | -     | 26:17   | -    | 8       | 10:37   | 21      | 5:57    |
| Schlammkuß Aus    | -        | 0:05     | -            | 1       | -       | 2       | 0:01    | -     | 26:22   | -    | 8       | 10:37   | 21      | 5:55    |
| Reifenstapel Eins | -        | 7:19     | -            | 8       | 3:12    | 44      | 4:02    | -     | 33:41   | -    | 8       | 13:49   | 21      | 8:03    |
| Reifenstapel Aus  | -        | 0:09     | -            | 3       | 0:02    | 12      | 0:03    | -     | 33:50   | -    | 8       | 13:51   | 21      | 8:02    |
| Bahngleise Einsti | -        | 16:06    | -            | 8       | 7:01    | 44      | 8:26    | -     | 49:56   | -    | 8       | 20:42   | 21      | 12:08   |
| Bahngleise Ausst  | -        | 1:41     | -            | 8       | 0:39    | 43      | 0:40    | -     | 51:37   | -    | 8       | 21:21   | 21      | 12:25   |
| Wassergraben Ei   | -        | 3:39     | -            | 8       | 1:40    | 44      | 1:41    | -     | 55:16   | -    | 8       | 23:01   | 21      | 13:25   |
| Wassergraben Ai   | -        | 0:18     | -            | 1       | -       | 1       | -       | -     | 55:34   | -    | 8       | 22:56   | 21      | 13:15   |
| Zwischenzeit Rur  | -        | 7:32     | -            | 8       | 2:41    | 43      | 3:43    | -     | 1:03:06 | -    | 8       | 24:56   | 21      | 14:18   |
| Schwedenschanz    | -        | 8:37     | -            | 4       | 0:58    | 22      | 2:41    | -     | 1:11:43 | -    | 8       | 24:58   | 21      | 13:12   |
| Schwedenschanz    | -        | 1:07     | -            | 2       | 0:12    | 11      | 0:15    | -     | 1:12:50 | -    | 8       | 25:10   | 21      | 13:00   |
| Schlammkuß Ein    | -        | 10:36    | -            | 6       | 2:15    | 23      | 3:28    | -     | 1:23:26 | -    | 8       | 27:25   | 21      | 11:26   |
| Schlammkuß Aus    | -        | 0:07     | -            | 3       | 0:02    | 17      | 0:03    | -     | 1:23:33 | -    | 8       | 27:27   | 21      | 11:26   |
| Reifenstapel Eins | -        | 5:27     | -            | 7       | 1:32    | 26      | 2:01    | -     | 1:29:00 | -    | 8       | 28:59   | 21      | 11:02   |
| Reifenstapel Aus  | -        | 0:18     | -            | 8       | 0:13    | 44      | 0:13    | -     | 1:29:18 | -    | 8       | 29:12   | 21      | 11:07   |
| Bahngleise Einsti | -        | 11:28    | -            | 7       | 2:13    | 26      | 3:42    | -     | 1:40:46 | -    | 8       | 31:18   | 21      | 10:08   |
| Bahngleise Ausst  | -        | 1:37     | -            | 7       | 0:40    | 39      | 0:40    | -     | 1:42:23 | -    | 8       | 31:58   | 21      | 10:15   |
| Wassergraben Ei   | -        | 3:12     | -            | 8       | 1:11    | 41      | 1:37    | -     | 1:45:35 | -    | 8       | 33:09   | 21      | 10:31   |
| Wassergraben Ai   | -        | 0:30     | -            | 4       | 0:09    | 24      | 0:10    | -     | 1:46:05 | -    | 8       | 33:18   | 21      | 10:33   |
| Blumenstraße      | 15.00    | 5:44     | -            | 7       | 1:27    | 35      | 2:08    | 15.00 | 1:51:49 | 7:27 | 8       | 34:15   | 43      | 47:45   |