



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ruhig-ganz-ruhig aus Schwarzhausen Total time: 1:39:24

Number: 3

Speed: 17.75 km/h
 Running performance: 3:23 min/km

Course: 29.40 km
 Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 25 (of 64)
 Best time in course: 1:20:46

Category:
 Staffel Cross

Rank in category: 14(of 31)
 Best time in the category: 1:20:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	9:29	23:42	24	3:24	49	3:24	0.40	9:29	23:42	32	1:23	65	3:10
Rad	23.00	1:04:35	2:48	24	18:25	44	18:25	23.40	1:14:04	3:09	32	4:44	65	1:45
Lauf	6.00	25:20	4:13	2	0:37	5	3:36	29.40	1:39:24	3:22	14	18:38	25	18:38