



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

in letzter Sekunde aus Tambach-Dietharz/Fürth **Total Time: 1:23:41**

Number: 441

Speed: 21.08 km/h  
 Running performance: 2:51 min/km

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

Rank in course: 3 (of 64)  
 Best time in course: 1:20:46

Category:  
 Staffel Cross

Rank in category: 3(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	8:40	21:39	15	2:35	29	2:35	0.40	8:40	21:39	32	0:34	65	2:21
Rad	23.00	48:03	2:05	2	1:53	2	1:53	23.40	56:43	2:25	32		65	
Lauf	6.00	26:58	4:29	7	2:15	12	5:14	29.40	1:23:41	2:50	3	2:55	3	2:55